

## SHOULDER EXERCISES: STAGE-2

### Cross Stretch

- Place your injured arm across your chest. Grasp the elbow from the injured side with your opposite hand.
- Apply gentle pressure to your elbow until you feel a stretch in your injured shoulder.
- Hold for 5-10 seconds. Repeat 10 times.



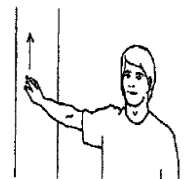
### Towel Stretch

- Place injured arm behind back. Place one end of a towel in the hand of the injured arm and the other end in the hand of the good arm.
- Pull up on the towel, moving your injured arm up the middle of your back.
- Hold for 5-10 seconds. Repeat 10 times.



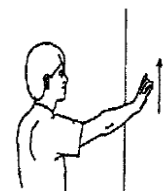
### Wall Walking – Abduction

- Stand beside a wall with your injured arm out to the side and your fingers on the wall.
- Slowly walk your fingers up the wall toward the ceiling. Attempt to keep your shoulder level and do not arch your back. Carefully return to the starting position.
- Try to move higher each day.
- Hold at top for 5-10 seconds. Repeat 10 times.



### Wall Walking – Forward Flexion

- Stand facing a wall with your injured arm out in front of you and your fingers on the wall.
- Slowly walk your fingers up the wall toward the ceiling. Attempt to keep your shoulder level and do not arch your back. Carefully return to the starting position. Try to move higher each day.
- Hold at top for 5-10 seconds. Repeat 10 times.



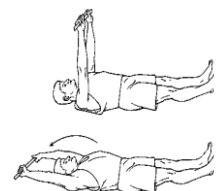
### External Rotation Stretch

- Stand in a doorway. Grasp the doorframe with your injured hand. Your elbow should be bent at 90 degrees.
- Slowly turn your body away from your hand until a stretch is felt in your shoulder.
- Hold maximally rotated for 5-10 seconds. Repeat 10 times.



### Broomstick Stretch

- Lie on your back holding a stick with both hands across your hips.
- Slowly raise the broomstick towards the ceiling, and then up over your head. Keep your elbows straight. Use your uninjured arm to help your injured arm. Return to starting position.
- Hold at top for 5-10 seconds. Repeat 10 times.



- **Perform all above exercises daily unless instructed otherwise. For those that cause pain, discontinue and try again once weekly. When or if they no longer hurt, add them to the routine.**
- **Dr. Gardner recommends icing for 10-20 minutes after you finish the exercises.**