



Family Care Plus Physical Therapy and Wellness
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SHOULDER CARE TIPS

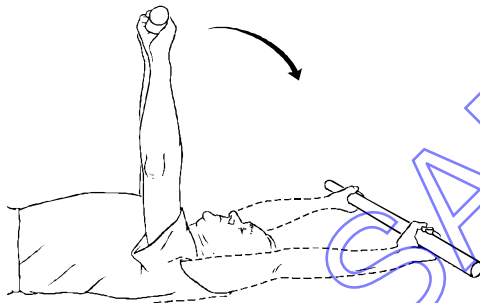
DO:

- stand tall and erect so your shoulders will naturally roll backward
- sit straight up in chair or sofa
- keep shoulders warm and agile by gently swinging your arms several times each day
- exercise slowly and carefully if you have a limited range of motion

DON'T:

- continue to exercise if pain is present
- go beyond comfortable range of motion
- slump shoulders, this can create neck problems
- try to lift or fetch heavy objects above head
Use stool or wait for assistance

SHOULDER - 28 Cane Exercise: Flexion

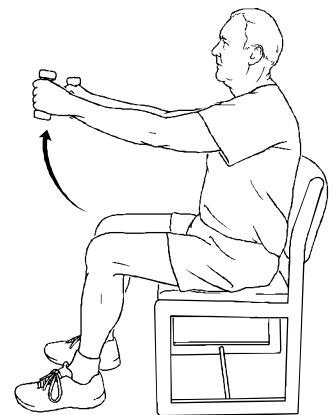


Lie on back, holding cane above chest. Keeping arms as straight as possible, lower cane toward floor beyond head. Hold 1-2 seconds.

Repeat 10 times. Do 4-5 sessions per day.

SHOULDER - 32 Arc: Flexion (90 Degrees)

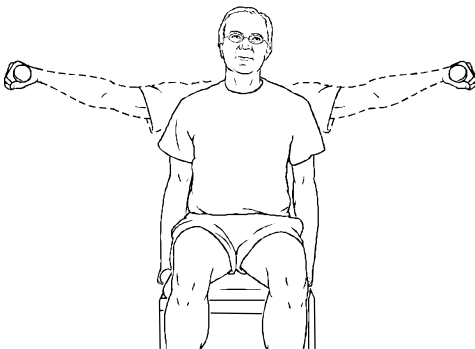
Sit or stand with arms at sides, holding 1 lb weights. Move arms forward and up to shoulder level, palms in.



Repeat 10 times.

Do 4-5 sessions per day.

SHOULDER - 34 Arc: Abduction (90 Degrees)



Sit or stand with arms at sides holding 1 lb weights, palms in. Move arms out from sides to shoulder level.

Repeat 10 times. Do 4-5 sessions per day.

SHOULDER - 24 Cane Exercise: Extension

Stand holding cane behind back with both hands palm-up. Lift the cane away from body.

Hold 1-2 seconds.

Repeat 10 times.

Do 5-6 sessions per day.

