



Braintree: 340 Wood Road, Suite 303 781-535-6053  
Weymouth: 541 Main St, Suite 203 781-340-1480  
Plymouth: 45 Resnik Road 508-340-1480  
Boston/North Station: 30 Lancaster Street 617-367-4700

ROM: Pendulum (Circular)

Have your arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

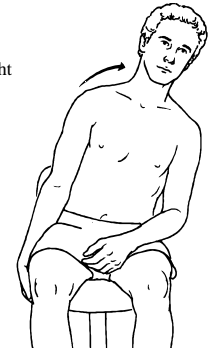
Circle 25 times each direction per set.  
Do 1 sets per session.  
Do 1 sessions per day.



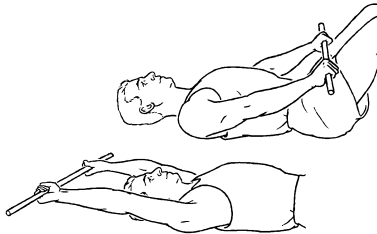
Shoulder Inferior Glide

Hold edge of chair firmly with right hand. Lean trunk away from stabilized arm. You should feel a light stretch across the top of your shoulder and maybe a little into your neck.  
Hold 30 seconds.

Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



Shoulder ROM: Wand Flexion

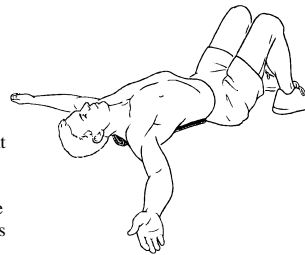


Lie on back holding wand. Raise arms over head as far as comfortable. Hold 10-15 seconds then return to starting position.

Repeat 10-15 times per set. Do 1 sets per session.  
Do 1 sessions per day.

Pectoral Stretch-Spinal Mobilization

With rolled towel or foam roller placed lengthwise between your shoulder blades lie back on with arms outstretched. Hold for 30-60 seconds. If you get some light tingling in your fingers while doing this stretch, don't be surprised. It will pass after moving out of the stretch.



Wall Walking

Slowly slide your arm up the wall until a stretch is felt in your shoulder. Hold for 10-15 seconds. Gradually try to increase your shoulder range of motion.

Repeat 10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



Posterior Capsule Stretch

Reach one hand across your body, attempting to touch the opposite shoulder. Then gently pull forward on the elbow with other hand until stretch is felt in shoulder.  
Hold 10 seconds.

Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



Inferior Capsule Stretch

Raise your arm up and try to touch the back of the shoulder. With your other hand, gently pull on the raised elbow until stretch is felt in shoulder.  
Hold 10 seconds.

Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



Apley's Stretch or "Macarena"



A good series of motions to help improve functional motion of your shoulder. Slowly go through the three positions on both shoulders, alternating sides (will feel like you are doing the Macarena). Gradually try to increase your motion.