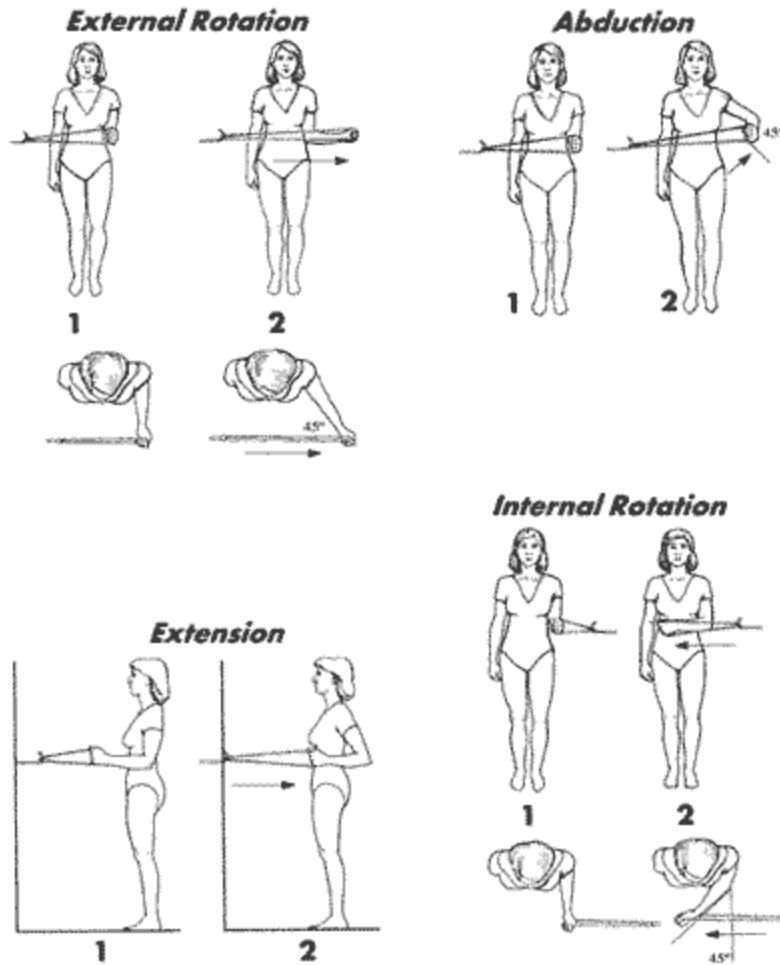


3 sets of 10-15 reps (or seconds if its a stretch)

always go slow and intentional and controlled

remember this is rehab from an injury, not a competition

if your sore then do what you can (3-5 reps or whatever) and over time as you get better, and are healing...build as you go.



3 sets of 10-15 reps (or seconds if its a stretch)

always go slow and intentional and controlled

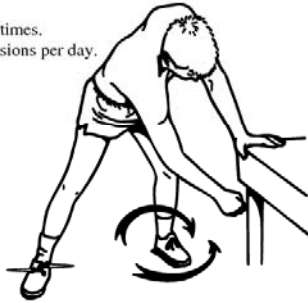
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SHOULDER - 26
Range of Motion Exercises:
Pendulum (Circular)

Let arm move in a circle clockwise, then counter-clockwise, by rocking body weight in a circular pattern.

Repeat 10 times.
Do 3-5 sessions per day.

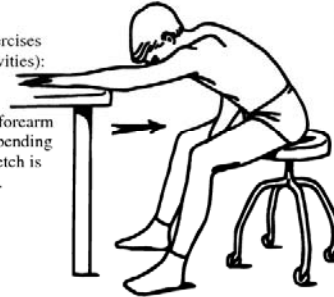



Rehabilitation & Sports Medicine
Frozen Shoulder

SHOULDER - 7
Range of Motion Exercises
(Self-Stretching Activities):
Flexion

Sitting upright, slide forearm forward along table, bending from waist until a stretch is felt. Hold 30 seconds.

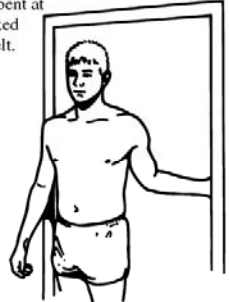
Repeat 1-4 times
Do 1 session per day.



SHOULDER - 11
Range of Motion Exercises
(Self-Stretching Activities):
External Rotation (alternate)

Keep palm of hand against door frame, and elbow bent at 90°. Turn body from fixed hand until a stretch is felt. Hold 30 seconds.

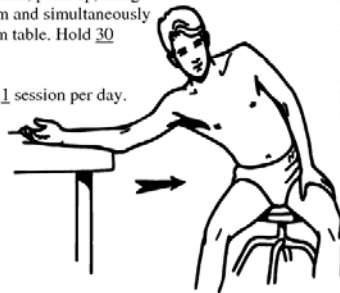
Repeat 1-4 times
Do 1 session per day.



SHOULDER - 9
Range of Motion Exercises (Self-Stretching Activities): Abduction

With arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 30 seconds.

Repeat 1-4 times Do 1 session per day.



SHOULDER - 73
Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with other arm. Hold 30 seconds.

Repeat 1-4 times
Do 1 session per day.



SCAP SETS

Pull your shoulders back, pinching the shoulder blades together. Do not let the shoulders come forward. Hold 5-10 seconds.

Repeat 10 times
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, Back to Work Center 508-854-2426, Worcester Medical Center 508- 368-3143
 ■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Charlton 508-248-4141

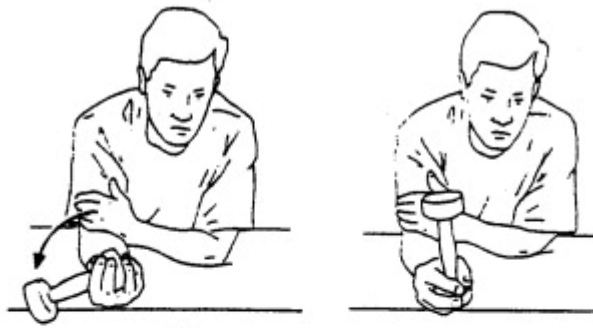
Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.
 Internet Access: www.fallonclinic.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets

3 sets of 10-15 reps (or seconds if its a stretch)

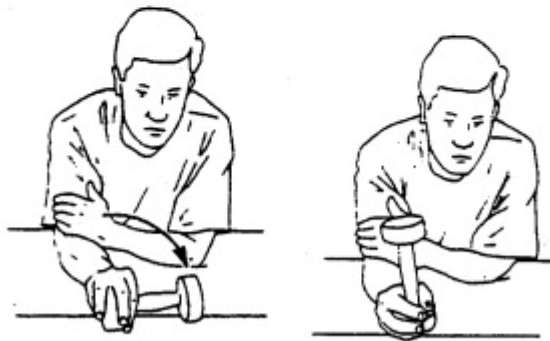
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Exercise 10c



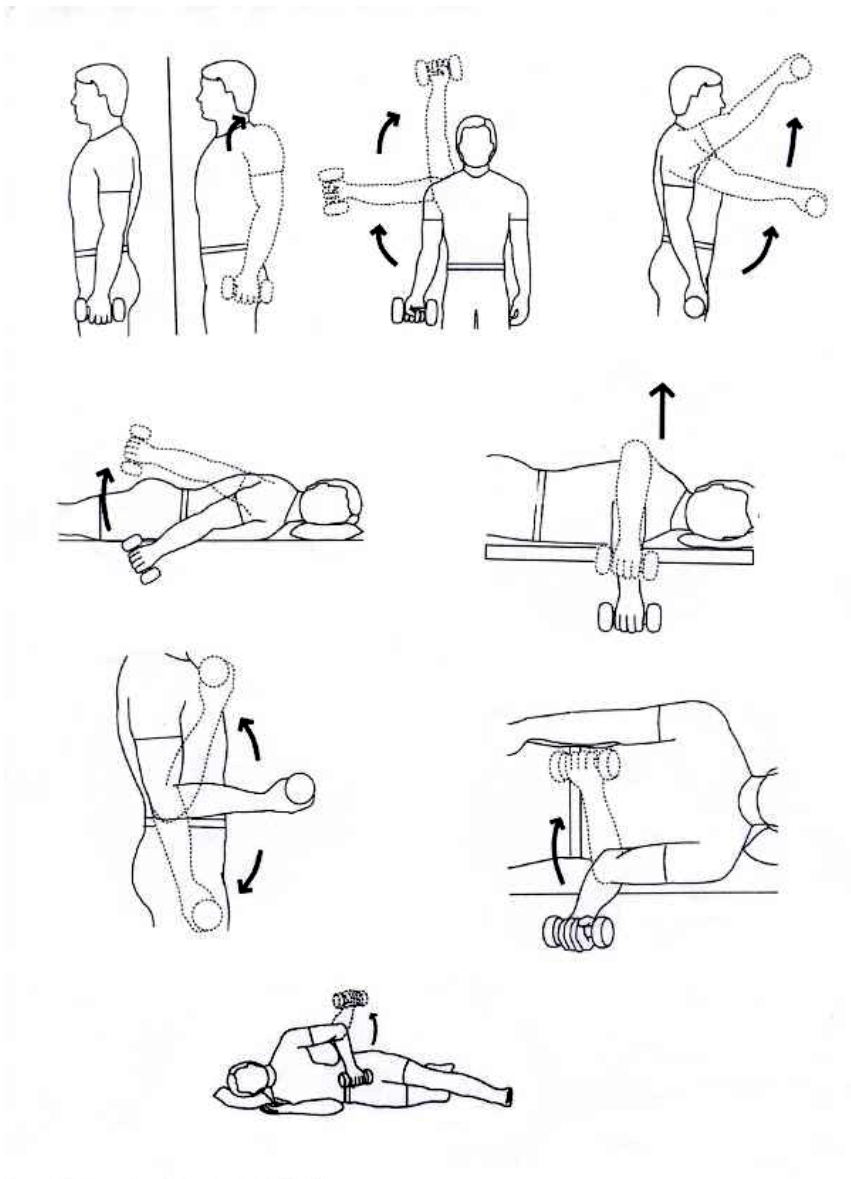
Exercise 10d

3 sets of 10-15 reps

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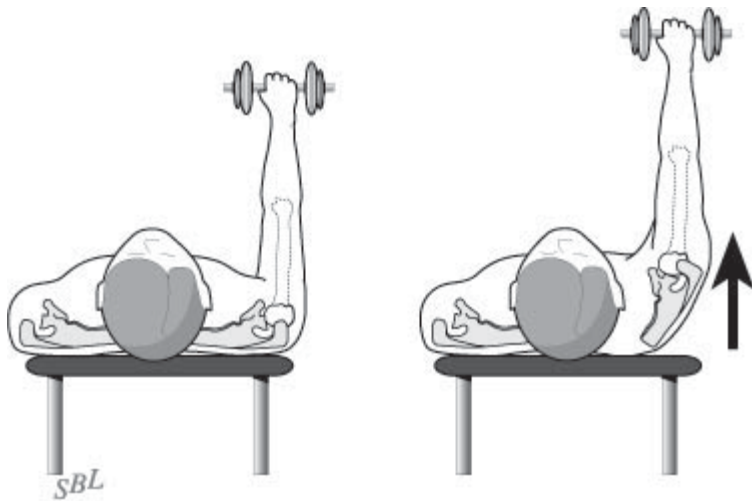


3 sets of 10-15 reps

always go slow and intentional and controlled

remember this is rehab from an injury, not a competition

if your sore then do what you can (3-5 reps or whatever) and over time as you get better, and are healing...build as you go.



3 sets of 10-15 reps

always go slow and intentional and controlled

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if your sore then do what you can (3-5 reps or whatever) and over time as you get better, and are healing...build as you go.