



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

SHOULDER WAND EXERCISES



AAROM SHOULDER ABDUCTION - WAND

While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side.

Repeat 8 Times
Complete 2 Sets

Hold 12 Seconds
Perform 2 Times a Day



AAROM SHOULDER FLEXION - WAND

In the standing position and holding wand/cane with both arms as shown, raise it up allowing your unaffected arm to push up your affected arm.

Repeat 8 Times
Complete 2 Sets

Hold 12 Seconds
Perform 2 Times a Day



WAND ROTATION - STANDING IR ER

In the standing position, hold a wand/cane with both hands keeping your elbows bent. Move your arms and wand/cane side-to-side. Your affected arm should be partially relaxed while your unaffected arm performs most of the effort.

Repeat 8 Times
Complete 2 Sets

Hold 12 Seconds
Perform 2 Times a Day



WAND EXTENSION B - STANDING

In the standing position and holding a wand/cane, use the unaffected arm to help push the affected arm back as shown.

The elbow should remain straight the entire time.

Repeat 8 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



WAND IR STRECH

While holding a wand/cane behind your back, slowly pull the target arm towards the center of your back.

Repeat 8 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



WAND FLEXION - STANDING - PALMS DOWN

In the standing position, hold a wand/cane with both arms, palm down on both sides. Raise the wand/cane up allowing your unaffected arm to perform most of the effort. Your affected arm should be partially relaxed.

Repeat 8 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



WAND PRESS - STANDING

Start by holding a wand or cane at chest height.

Next, slowly push the wand outwards in front of your body so that your elbows become fully straightened. Then, return to the original position.

Repeat 10 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



WAND EXTERNAL ROTATION - SUPINE ER

Lie on your back holding a cane or wand with both hands.

On the affected side, place a small rolled up towel or pillow under your elbow. Maintain approx. 90 degree bend at the elbow with your arm approximately 30-45 degrees away from your side.

Use your other arm to pull the wand/cane to rotate the affected arm back into a stretch. Hold and then return to starting position and then repeat.

Repeat 5 Times
Complete 1 Set

Hold 15 Seconds
Perform 1 Times a Day



WAND FLEXION - SUPINE

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.



Repeat 5 Times
Complete 2 Sets

Hold 20 Seconds
Perform 2 Times a Day