



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

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

SHOULDER ROM A

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 8 Times

Complete 2 Sets

Hold 10 Seconds

Perform 2 Times a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 10 Times

Complete 2 Sets

Hold 1 Second

Perform 2 Times a Day





SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.

Repeat 10 Times

Hold 5 Seconds

Complete 2 Sets

Perform 1 Times a Day



DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 5 Times

Hold 12 Seconds

Complete 1 Set

Perform 2 Times a Day



PECTORALIS DOORWAY STRETCH - LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward towards the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 5 Times

Hold 12 Seconds

Complete 1 Set

Perform 1 Times a Day

**PENDULUM CIRCLES - CODMAN**

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Duration 3 Minutes

Complete 2 Sets

Perform 5 Times a Day

**PENDULUM FORWARD BACK - CODMAN**

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Duration 3 Minutes

Complete 2 Sets

Perform 5 Times a Day

**PENDULUM LATERAL - CODMAN**

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Duration 3 Minutes

Complete 2 Sets

Perform 5 Times a Day

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TABLE SLIDE - ABDUCTION

Sitting in a chair, rest your injured arm on a table and gently slide it out to the side and then back.

Repeat 10 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day

