

SHOULDER JPAC STIFFNESS WEEK 1

Pendular Exercise for Shoulder Circumduction



Description

1. Lean forward onto a chair and allow the arm to hang down
2. Gently swing the arm in a circular motion for the time prescribed

Sets: 1-3

Reps: 2-3

Time: 1-3MIN

Pendular Exercise for Shoulder Flexion And Extension



Description

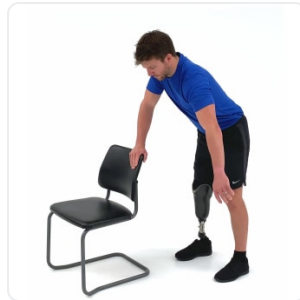
1. Lean forward onto a chair and allow the arm to hang down
2. Gently swing the arm forward and back

Sets:

Reps: 2-3

Time: 1-3MIN

Shoulder Pendular Exercise For Horizontal Flexion And Extension



Description

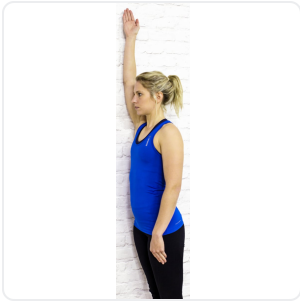
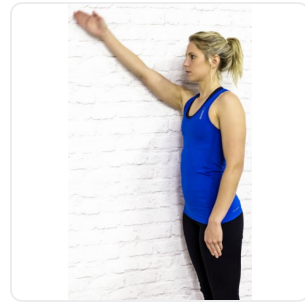
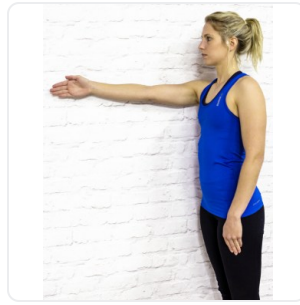
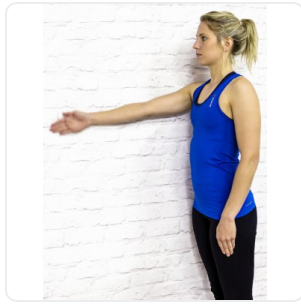
1. Lean forward onto a chair and allow the arm to hang down
2. Gently swing the arm from side to side

Sets:

Reps: 2-3

Time: 1-3MIN

Wall Slides For Shoulder Flexion Keeping Lateral Pressure On Wall



Description

1. Stand with a wall by your side and push your hand against the wall
2. Raise the arm forward and above your head keeping contact with the wall
3. Slowly lower the arm keeping contact with the wall

Sets: 1-3

Reps: 10-15

Wall Slide And Lift Off In Y



Description

1. Stand facing a wall with your forearms leaning against the wall
2. Hands should be wider than your shoulders
3. Raise the arms up the wall to raise the arms into the shape of a Y
4. Move the arms away from the wall and hold for the prescribed time
5. Return the hands to the wall and slide the arms down

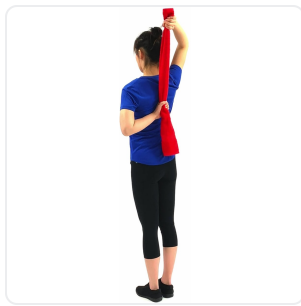
Sets: 1-3

Reps: 10-15

Hold:

Tempo:

Hand Behind Back Stretch with Towel



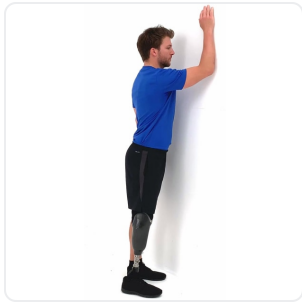
Description

1. Stand holding a towel behind your back
2. Reach the other hand behind your head and hold the other end of the towel
3. Pull the towel up to stretch the shoulder of the lower hand

Sets: 1-3

Time: 3*30SEC

Pec Stretch For Sternal Attachment



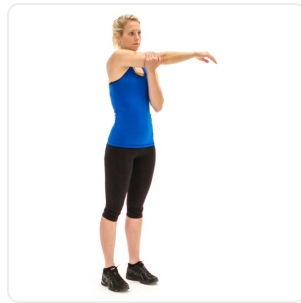
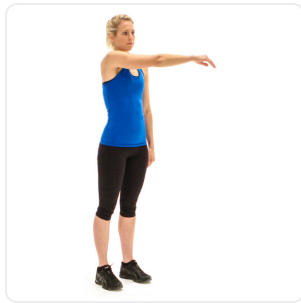
Description

1. Stand with the arm raised to the side and holding onto a wall or door
2. Step forward and turn away from the wall to stretch the chest and front of the shoulder

Time: 3*30SEC

Sets: 1-3

Shoulder Passive Horizontal Flexion



Description

1. Stand and lift your arm directly in front of you
2. Using your other hand pull your arm across your body and hold

Time: 3*30SEC

Sets: 1-3