

## SHOULDER JPAC STIFFNESS WEEK 1-6

### 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

**Reps:** 2-3

**Time:** 30 seconds to 1 min

**Times a day:** 3-4

## 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

**Reps:** 2-3

**Time:** 30 seconds to 1 min

**Times a day:** 3-4

## 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

**Reps:** 2-3

**Time:** 30 seconds to 1 min

**Times a day:** 3-4

## Towel Slide On Table



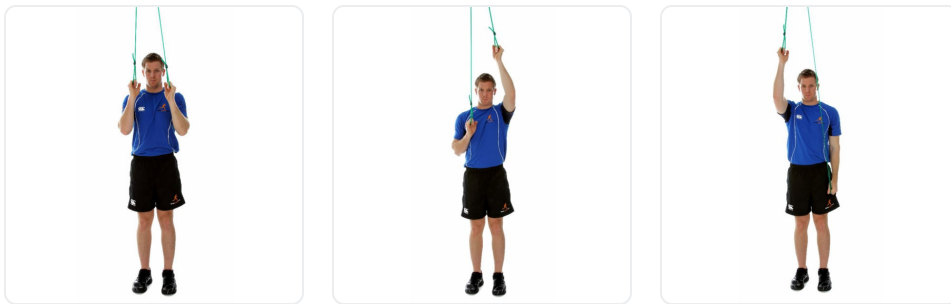
### Description

1. Place your hands on a table or sliding work surface with a towel or sliding object ( paper plates are shown in picture)
2. Spread your feet into a split stance, with one foot in front of the other
3. Slide your hands forward, bending your knees to help your shoulder movement
4. Move as far as is comfortable
5. Hold for a few seconds
6. Stand upright again by sliding your hands back towards you

Sets: 1-3

Reps: 10

## Shoulder Flexion Assisted With Pully



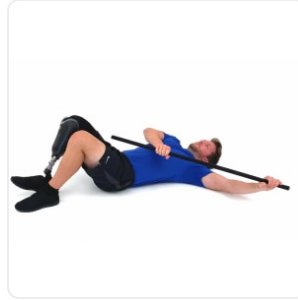
### Description

1. Stand or sit holding a pulley system with an end in each hand
2. Pull one hand down gently, so it raises the affected arm upwards
3. Stop at the level you feel uncomfortable
4. Hold few seconds
5. Gently pull the affected arm down

Sets: 1-3

Reps: 10-20

## Shoulder Abduction In Supine Holding Pole With Arm Rotated Internally



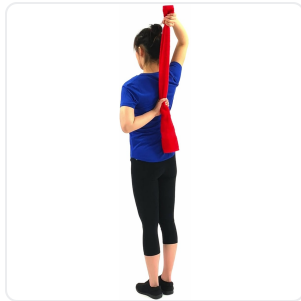
### Description

1. Lie face up holding a pole
2. Use the pole to push the arm out to the side as far as feel comfortable
3. Hold for the prescribed time
4. Lower the arm to the side

**Sets:** 1-3

**Hold:** 30 seconds

## Hand Behind Back Stretch with Towel



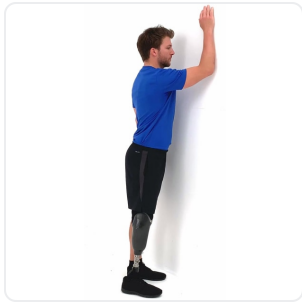
### Description

1. Stand holding a towel with your affected arm 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

**Hold:** 30 seconds

## Pec Stretch For Sternal Attachment



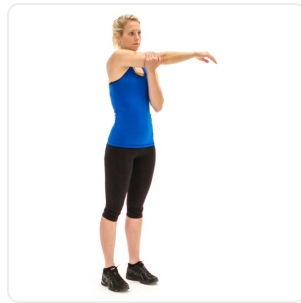
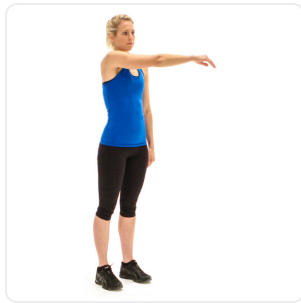
### Description

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

**Sets:** 1-3

**Hold:** 30 seconds

## 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

**Sets:** 1-3

**Hold:** 30 seconds