



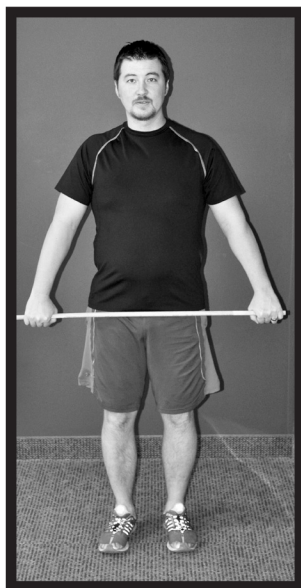
SHOULDER STICK EXERCISES

Equipment:

You should obtain a 1 (one) inch diameter dowel that is a minimum of three feet in length. As an alternative, you can use a relatively thick broom handle.

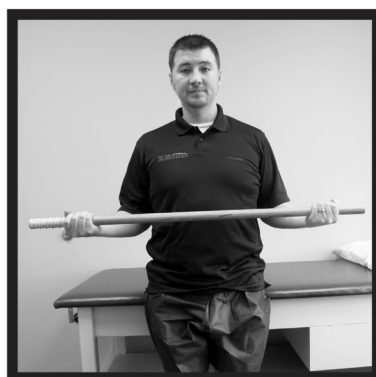
Forward Flexion:

You will hold the stick in front of you with both hands facing the floor, palms down. Using your uninjured/non-operative arm, help assist the opposite shoulder coming forward toward the ceiling. This is a slow process, but hopefully over time you will notice, with increase effort, you can get your hand closer to the ceiling.



External Rotation:

You should hold the stick in front of you with both hands facing the ceiling. With your elbows tight to your side, slowly work at pushing your hand to the side, going both toward the injured/operative shoulder, and away from the injured/operative shoulder.

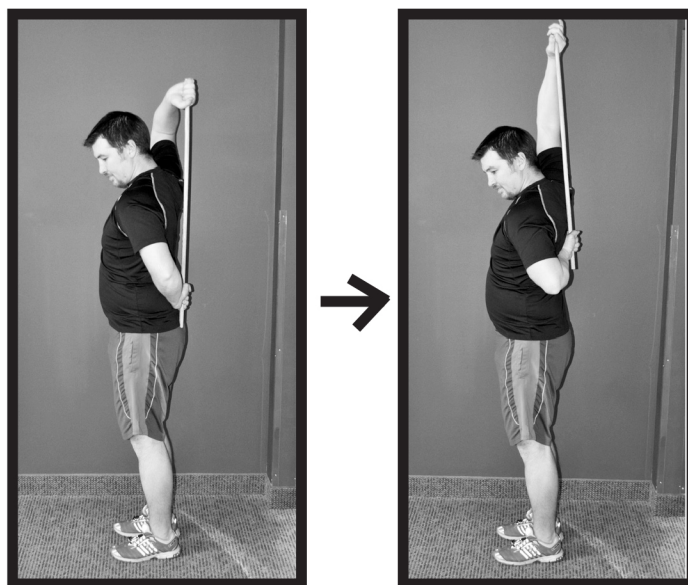




SHOULDER STICK EXERCISES

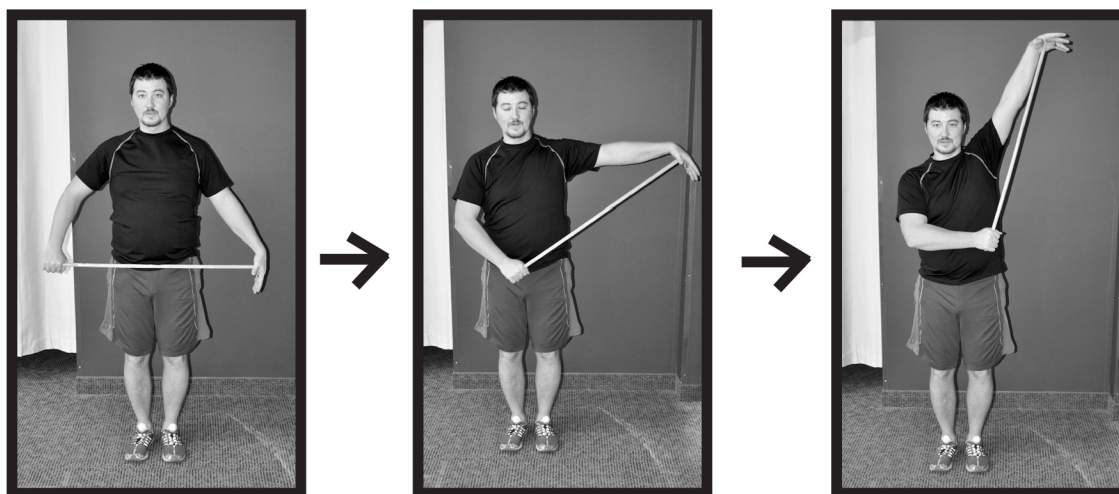
Internal Rotation (Behind Your Back):

You will drop the stick over your back with your uninjured/non-operative hand. Bring the stick to your waist level and attempt to grab the stick with your injured/operative hand. Gradually try to pull the stick back toward your head.



Abduction:

Put your injured/operative palm on the end of the stick. Use your uninjured extremity to help push your palm out to the side and up toward the ceiling.



You should do these stick exercises 2 (two) times per day, attempting to increase your range of motion progressively. It is alright to try to push through a little bit of pain.