



Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
Burton, Michigan 48519

Hours: Monday through Friday, 8:00 AM till 6:00 PM
Phone: (810)743-7950
Emergency: www.familycarepluspt.com

Visit us online at www.familycarepluspt.com and check exercise videos!

Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

****Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

SHOULDER CARE TIPS

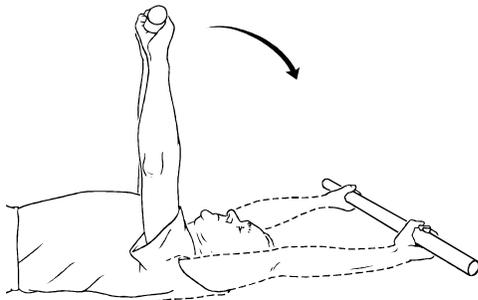
DO:

- stand tall and erect so your shoulders will naturally roll backward
- sit straight up in chair or sofa
- keep shoulders warm and agile by gently swinging your arms several times each day
- exercise slowly and carefully if you have a limited range of motion

DON'T:

- continue to exercise if pain is present
- go beyond comfortable range of motion
- slump shoulders, this can create neck problems
- try to lift or fetch heavy objects above head
Use stool or wait for assistance

SHOULDER - 28 Cane Exercise: Flexion

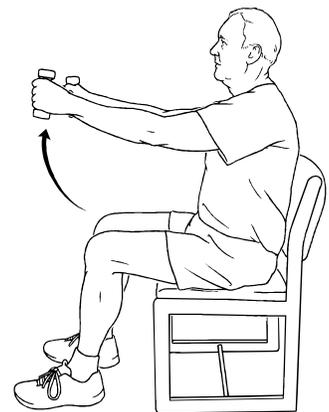


Lie on back, holding cane above chest. Keeping arms as straight as possible, lower cane toward floor beyond head. Hold 1-2 seconds.

Repeat 10 times. Do 4-5 sessions per day.

SHOULDER - 32 Arc: Flexion (90 Degrees)

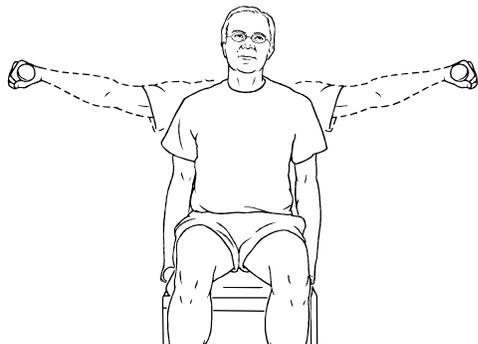
Sit or stand with arms at sides, holding 1 lb weights. Move arms forward and up to shoulder level, palms in.



Repeat 10 times.

Do 4-5 sessions per day.

SHOULDER - 34 Arc: Abduction (90 Degrees)



Sit or stand with arms at sides holding 1 lb weights, palms in. Move arms out from sides to shoulder level.

Repeat 10 times. Do 4-5 sessions per day.

SHOULDER - 24 Cane Exercise: Extension

Stand holding cane behind back with both hands palm-up. Lift the cane away from body.

Hold 1-2 seconds.

Repeat 10 times.

Do 5-6 sessions per day.

