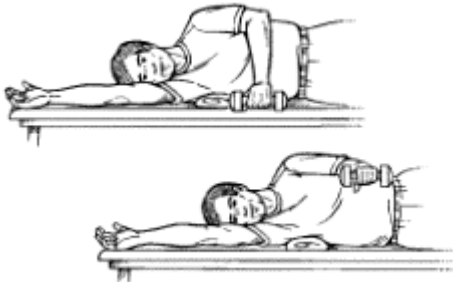


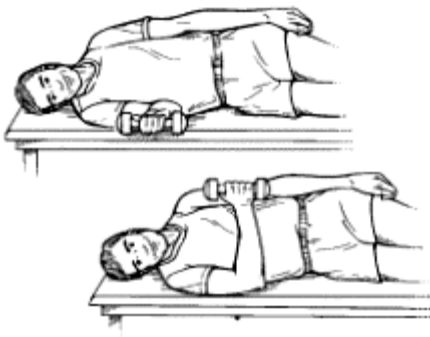
Exercise 1

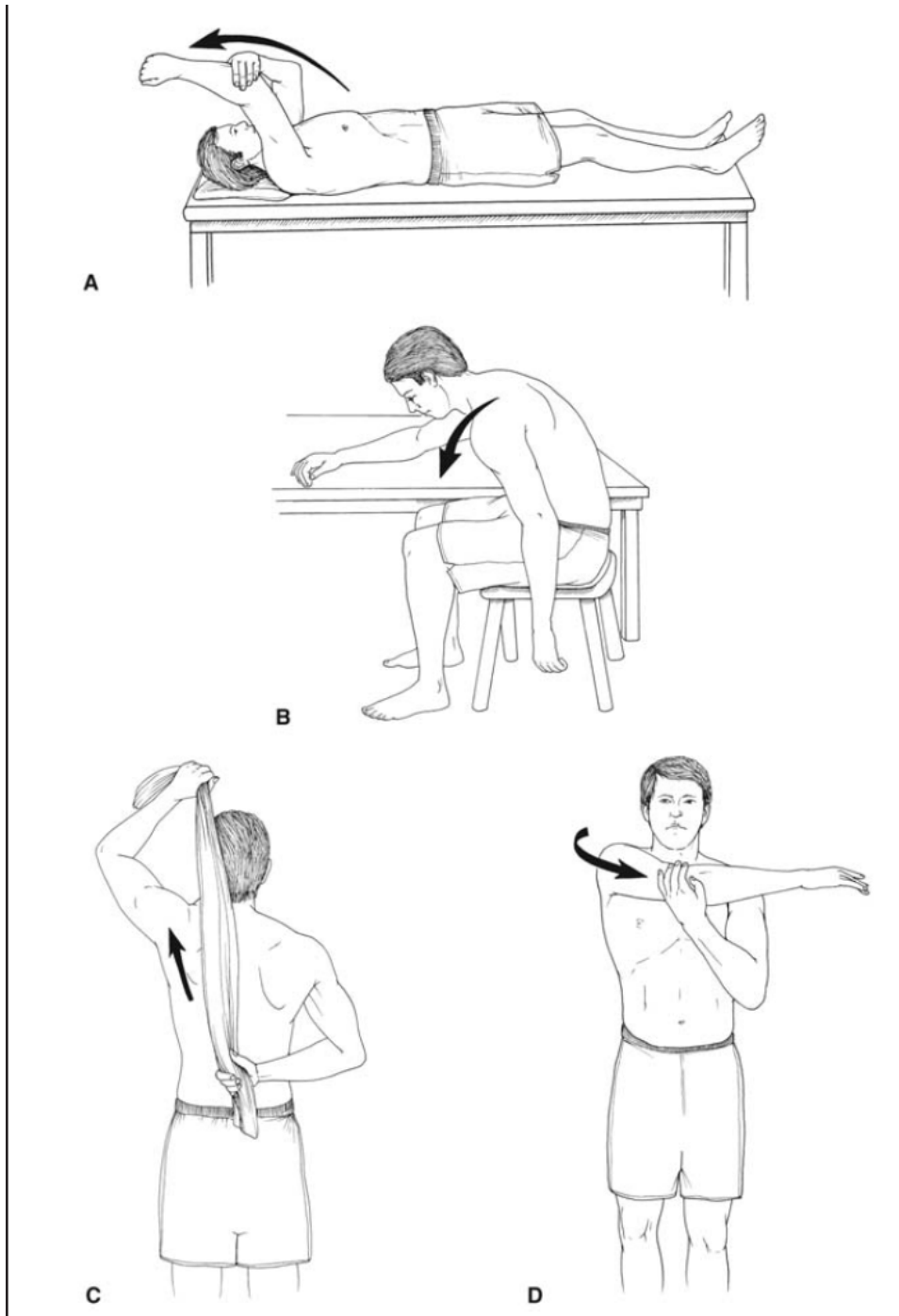
Lie on your right side. Stretch your right arm above your head. Keep your left arm at your side with your elbow bent to 90° and the forearm resting against your stomach, palm down. Rotate your left forearm outwards, while keeping your left elbow at your side. Rotate the left arm until it's parallel to the floor and then lower gently back down. Perform this exercise with a small 5-lb weight in your hand. If you don't have any weights, you may use a can of soup. Repeat the exercise until your arm is tired. Then do the exercise with the opposite arm. The purpose of this exercise is to build endurance and not strength. Do not use weights heavier than 5 lbs.



Exercise 2

Lie on your right side. Bend your right elbow to 90°. Keep the right forearm resting on the floor. Now rotate your right shoulder inwards, raising your right forearm up to your chest. Lower the forearm down slowly. Repeat the exercise until your arm is tired. Then do the exercise with your left arm. The purpose of this exercise is to build endurance and not strength. Do not use weights heavier than 5 lbs.





Patient-directed posterior capsular stretching. **A**, Stretching in overhead reach using the opposite arm as the therapist. **B**, Stretching in overhead reach using the progressive forward lean to apply a gentle elevating force to the arm. **C**, Stretching in internal rotation using a towel to apply a gentle stretching force. **D**, Stretching in cross-body reach using the opposite arm as the therapist. (Adapted with permission from Matsen FA III, Lippitt SB, Sidles JA, Harryman DT II: *Practical Evaluation and Management of the Shoulder*. Philadelphia, PA: WB Saunders, 1994, pp 46-49.)

