

Burn Care Exercise Program

Shoulder Active Assisted Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds.

Shoulder flexion

- Hold a stick or cane with both hands and straighten your elbows.
- Raise your arms up towards the ceiling as far as possible.
- Slowly lower your arms back down.



Shoulder extension

- Hold a stick or cane behind you with both hands.
- Lift both hands away from your back as far as you can.
- Slowly lower your arms back down.



What are your questions? Please ask.

Therapist: _____ Phone: _____

Shoulder abduction

- Hold a stick or cane in front of you with both hands.
- Cup your hand over one end.
- Push your other arm out to the side.
- Repeat with the other arm.



Shoulder external rotation

- Hold a stick or cane in front of you with both hands. Keep your elbows bent and tucked into your sides.
- Move the stick as far as you can away from your body without moving your elbows.
- Repeat with the other arm.



Shoulder internal rotation

- Hold a stick or cane behind you with both hands.
- Move the stick across your back towards your opposite hip.
- Repeat with your other arm.

