

Burn Care Exercise Program

Shoulder Active Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day or as directed by your therapist.
- ✓ Repeat each stretch 10 times on each side.
- ✓ Hold each stretch for 20 to 30 seconds.

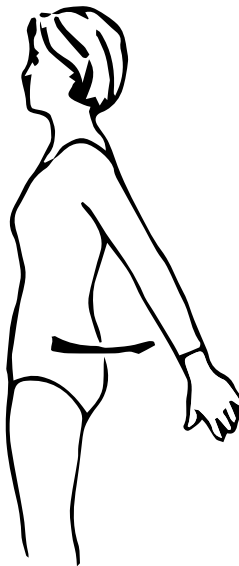
Shoulder flexion:

Raise your arm up towards the ceiling as far as possible. Slowly lower back down.



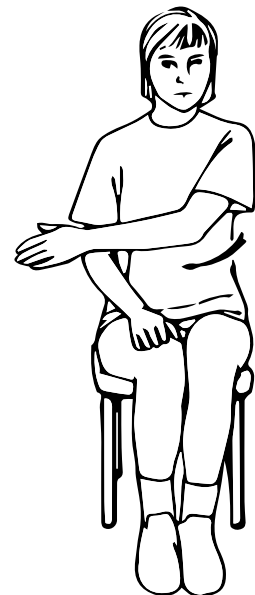
Shoulder extension:

Bring your arm back as far as possible. Slowly lower back down.



Shoulder adduction:

Bring your arm across your body as far as possible. **Do not twist your back.**



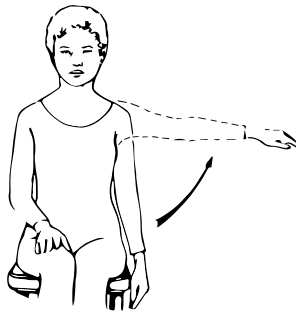
What are your questions? Please ask.

Therapist: _____

Phone: _____

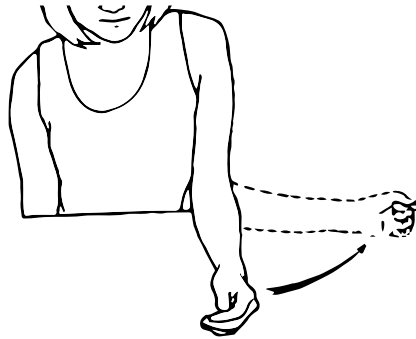
Shoulder abduction:

Lift your arm out to the side as far as possible. Slowly lower back down.



Shoulder external rotation:

Sit with your elbow bent and tucked into your side. Using the table to support your arm, slide your arm in an outward arc, keeping your elbow at your side.



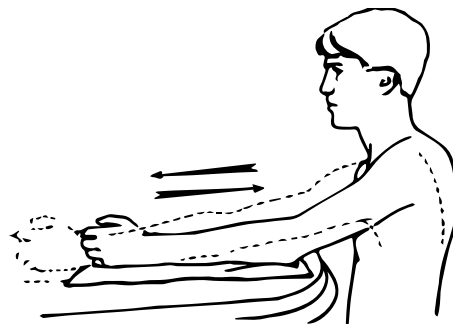
Shoulder internal rotation:

Sit with your elbow bent and tucked into your side. Using the table to support your arm, slide your arm in an inward arc, keeping your elbow at your side.



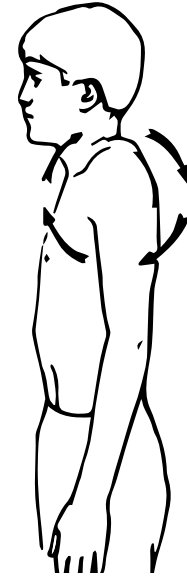
Scapula protraction/retraction:

Sit with your arm resting on a table, keeping your elbow straight. Slide your arm forward as far as you can and then back, so that you feel your shoulder blade moving.



Shoulder rotation:

Roll your shoulders up and back and then down and forward to complete a circle. Repeat in the opposite direction.



Scapula adduction:

Sit or stand straight. Move your shoulders so that your shoulder blades move closer together and downwards.

