Burn Care Exercise Program
Shoulder Active Assisted Range of Motion

Instructions
✓ Do these exercises at least 4 times per day.
✓ Do 8-10 repetitions.
✓ Hold each stretch for 20-30 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.