Burn Care Exercise Program
Shoulder Active Range of Motion

Instructions
✓ Do these exercises at least 4 times per day or as directed by your therapist.
✓ Do 10 repetitions of each stretch on each side.
✓ Hold each stretch for 20-30 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: ______________________________

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**Shoulder abduction:**
Lift your arm out to the side as far as possible. Slowly lower back down.

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

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

**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.