

1. “Yes/No” Movement Strengthening

Option



Gently nod your head side-to-side do this 3 times

Then nod your head up and down 3 times.

2. Chin Tucks

Option 1



Lie on your back with head on bed.

Keep head level and eyes looking straight toward ceiling.

Gently press back of head into bed, hold 3 seconds.

Option 2



Same as above in seated position.

Imagine giving yourself a “double chin”.

3. Trunk Rotations

Option 1

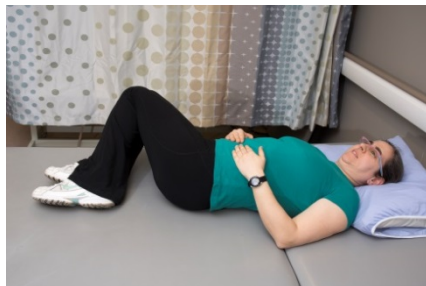


Keep legs facing forward in sitting position.

Gently turn shoulders and chest to one side.

Then turn to the other side.

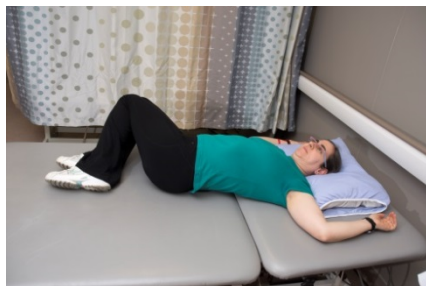
Option 2



Gently bring bent knees to one side, keep upper back touching bed.

Bent legs may need to be supported on pillow.

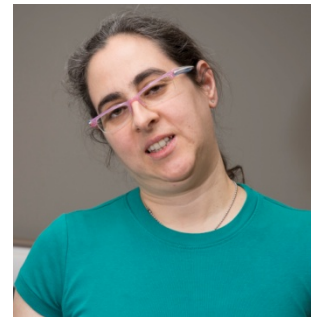
Option 3



Same as above, have arm in "cactus pose".

4. Ear to Shoulder Stretch

Option 1



Looking forward, gently bring ear towards the same side shoulder.

Try not let the shoulder rise up towards your ear.

Hold for 15 to 20 seconds, do opposite side.

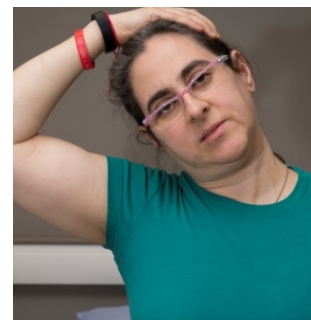
Option 2



Same as above .

Tuck opposite hand under bottom or seat of chair.

Option 3



Same as above.

Gently pull top of head with same-side hand.

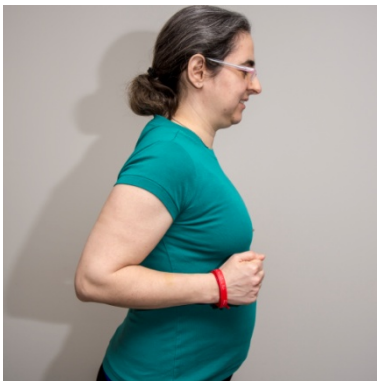
5. Elbow Pull Back

Option 1



Bend elbows supported on table. Gently pull shoulder blades down and together towards your spine. Hold 3 to 5 seconds

Option 2



As above.
do not support arms on table.

Option 3



While standing or seated, pull exercise band towards you while pulling shoulder blades down and together towards your spine.

6. Front Arm Raises

Option 1



Arm supported on table, gently stretch arm forward.

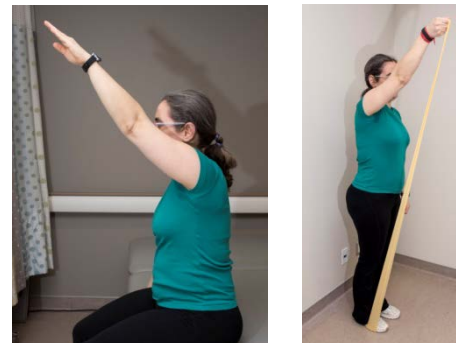
Option 2



“Crawl fingers up the wall”.
As you crawl up, step towards the wall.

Use one hand on pulley to help gently raise affected arm within pain free range.

Option 3



Gently raise arm within pain free range.

Progression: Use exercise band in sitting or standing.

7. Side Arm Raises

Option 1



Lie on bed, slide arm towards your head (like making a “snow angle”). Try not to let your shoulder raise.

Put plastic bag under your arm to reduce friction and make it easier.



Arm supported on table, reach arm out the side.

Option 2



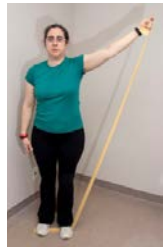
Facing away from the wall, “crawl fingers side-ways up the wall”. As you crawl up, side step towards the wall.

Use one hand on pulley to help gently raise affected up the side.

Option 3



Gently raise arm to the side within pain free range.



Progression: Use exercise band in sitting or standing.

8. Front Arm Stretch

Option 1



Start with unaffected side first.
If needed, can lower elbow.

Option 2



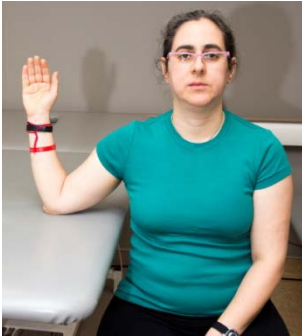
Same as above.

Straighten arm.

Make sure to keep shoulder away from ear.

9. Shoulder External Rotation

Option 1



Move body and look away from table, elbow is bent and supported on table.

Keep elbow on table and raise forearm off of table.

Option 2



Keep the bent elbow tucked in against the body by supporting the rolled up cloth.

Bring hand away from the body while keeping rolled up cloth in same position.

Option 3



Same as above.

Use exercise band. Band will be crossing in front of the body.

10. Door Frame Stretch



Option 1

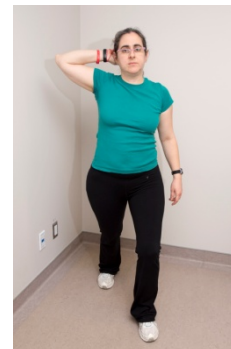
Stand facing the door frame or back of chair.

Place palm of hand against the door frame or back of chair; elbow is straight and hand is around waist height.

Take small step forward with the opposite side of body.

Progression: Arm is below shoulder height.

Option 2



Bend elbow and place palm of hand behind head. Draw pointed elbow behind you. Try not to twist back.

Option 3



Elbow is bent and arm is at shoulder height.

Palm of hand is against the door frame as opposite foot is stepping forward.

Progression: Do both arms in corner of room.