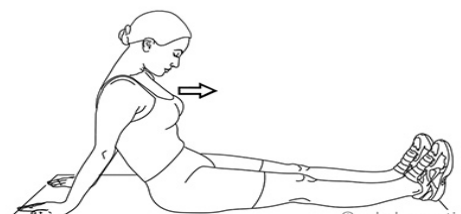


SHOULDER EXERCISES

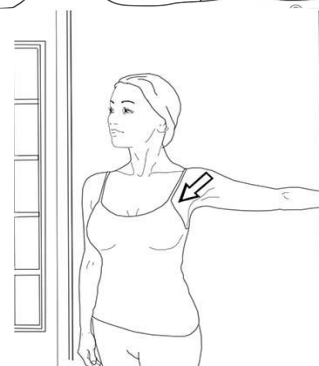
Seated Brachialis Stretch

Begin seated on the floor. Straightening both your arms, place your hands on the floor behind your back, slightly more than hip-width apart with your fingers pointing straight behind you. Slowly bend your waist forwards, keeping your weight evenly distributed between your arms. Hold the stretch. This exercise stretches both the biceps and the brachialis, and you should feel the stretch into your elbows.



Pec Stretch Straight Arm

Hook your fingers around a door frame or corner of a wall, and lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.



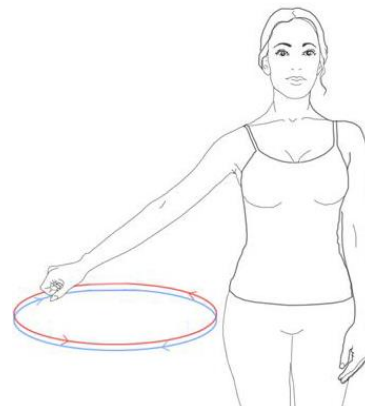
Pendulum

This is phase I of creating motion in your shoulder through passive circumduction. Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilize a stiff shoulder.



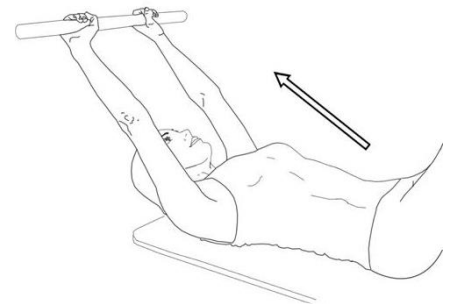
Side-Arm Circles

Draw gentle circles with your arm to the side of your body. Move your arm clockwise and counter-clockwise. Perform small, medium and finally large circles. This exercise will actively mobilize a stiff shoulder.



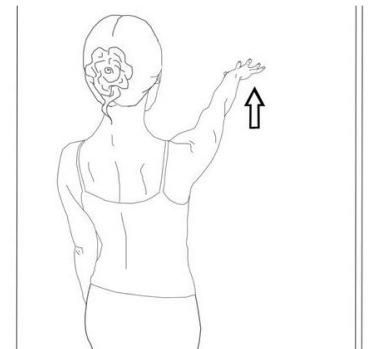
Passive Flexion Arm Lift Lying with Broomstick

Use your good arm to lift the stick, and hold on to the other end with your bad arm. Make sure your painful arm stays relaxed. Take your arm as high as feels comfortable. This exercise will help improve your shoulder mobility. You can use a broom stick or golf club.



Wall Crawl – Forward/Side

Walk your fingers up the wall. You should discuss at what point you should stop with your Chiropractor, but if in doubt, keep the movement within your comfort zone. Carefully walk your fingers back down the wall. Ensure you keep your shoulder relaxed - do not allow your shoulder to hunch as you lift it. This exercise will help improve mobility to your shoulder. **Perform both sides as necessary.**



Towel Pulls

Your good arm holds the towel above your head, and your sore arm relaxes behind your back. Lift your sore arm by pulling upwards with your good arm. You will feel a stretch or some discomfort deep in your shoulder. Sometimes if your shoulder is sore, this exercise can be uncomfortable, but it does increase the mobility of your shoulder. **Perform both sides.**



Ice - Tip of Shoulder – Supine

Place an ice bag or pack of frozen compress (make sure you wrap it in a thin towel) over the tip of your shoulder.



Disclaimer: These exercises are intended to improve your condition by accompanying your current treatment plan. If any of these exercises increase discomfort, please discontinue immediately and inform your doctor. These exercises may be continued as needed after you have been moved to maintenance care.