

# Home Exercise Program

Created by Dr. Bervin Nelson Brual PT DPT Dec 22nd, 2017

View at "www.my-exercise-code.com" using code: XZY8FCL

Total 6



Arm ergometer

Sit with good posture and use arms to cycle around

Duration 10 Minutes
Complete 1 Set
Perform 2 Time(s) a Day



#### PENDULUM CIRCLES

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Duration 60 Seconds Complete 2 Sets Perform 2 Time(s) a Day



# WAND FLEXION - STANDING - PALMS UP

In the standing position, hold a wand/cane with both arms, palms up on both sides. Raise up the wand/cane allowing your unaffected arm to perform most of the effort. Your affected arm should be partially relaxed.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



#### WAND ABDUCTION - STANDING

While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side. Repeat 15 Times Hold 1 Second Complete 3 Sets

Perform 2 Time(s) a Day



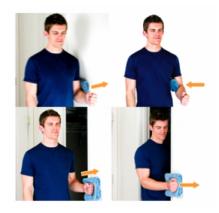
## WAND EXTENSION B - STANDING

In the standing position and holding a wand/cane, use the unaffected arm to help push the affected arm back as shown.

The elbow should remain straight the enitre time

Repeat 15 Times Hold 1 Second Complete 3 Sets

Perform 2 Time(s) a Day



## Shoulder Isometrics ADD/ABD/ER/IR

Gently press your hand into a wall using your hand. Place a towel roll between hand and wall, do not drop while performing exercise. Maintain a bent elbow the entire time. Perform in each direction shown.

Repeat 10 Times Hold 10 Seconds

Complete 1 Set

Perform 2 Time(s) a Day