



## 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 entire 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