

# Lesley J. Anderson, MD

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Patient: MY SHOULDER

Prescribed by: Lesley J. Anderson, MD

Protocol: SIMPLE SHOULDER

## S33 Shoulder Accessory ROM, Caudal Glide

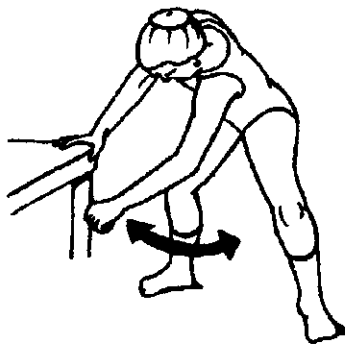
Grip chair with hand as shown to stabilize shoulder, then lean trunk to the opposite side until a stretch is felt in shoulder.



Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.

## S21 Shoulder Pendulum Exercise (side-to-side)

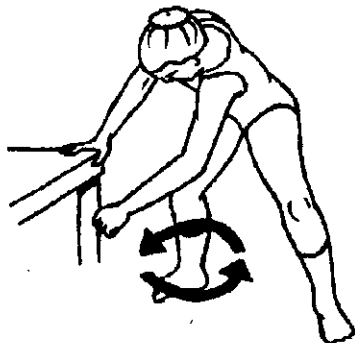
Support body with uninvolvement arm as shown, then gently move body weight from side to side allowing involved arm to swing freely back and forth.



Repeat \_\_ time(s).  
Do \_\_ session(s) per day.

## S22 Shoulder Pendulum Exercise (circles)

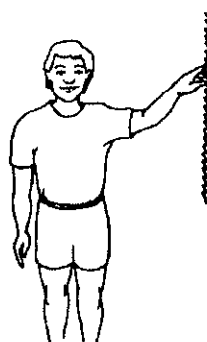
Support body with uninvolvement arm as shown, then rock body weight in a circular pattern allowing the involved arm to swing freely in a circular pattern. Repeat in opposite direction.



Repeat \_\_ time(s).  
Do \_\_ session(s) per day.

## S17 Finger Ladder - Abduction

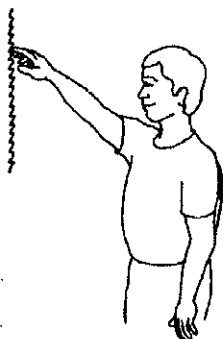
Standing in the position shown, walk the fingers of the involved arm up the finger ladder, as high as possible. Hold the stretch. Walk down slowly.



Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.

## S18 Finger Ladder - Flexion

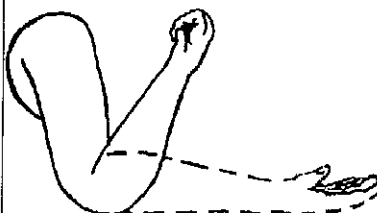
Standing in the position shown, walk the fingers of the involved arm up the finger ladder, as high as possible. Hold the stretch. Walk down slowly.



Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.

## E2 AROM Elbow Flexion / Extension (Palm up)

With palm up gently bend elbow as far up as possible. Hold. Complete by straightening arm as far as possible. Hold.



Hold \_\_ seconds.  
Repeat \_\_ time(s) in each  
direction.  
Do \_\_ session(s) per day.