

### Supine AAROM - Forward Flexion

#### **Starting position:**

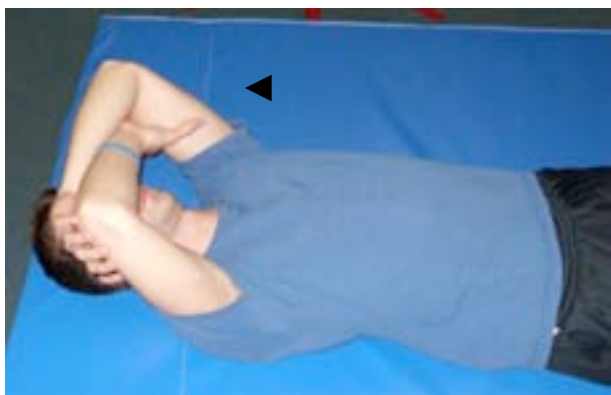
Lying on your back with your shoulder flexed forward to 90 degrees and your arms interlocked.

#### **Movement:**

Slowly flex your shoulders toward your head using your uninvolved side as assistance to increase movement. Reach toward or past your forehead.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ Times a day**



### Supine AAROM – Posterior Capsule Stretch

#### **Starting position:**

Lying on your back with your shoulder flexed forward to 90 degrees and your arms interlocked.

#### **Movement:**

Slowly move your shoulder across your chest using your uninvolved side as assistance to increase movement. Stop when stretch is felt in back of involved shoulder.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ Times a day**