

Supine Wand AAROM Forward Flexion

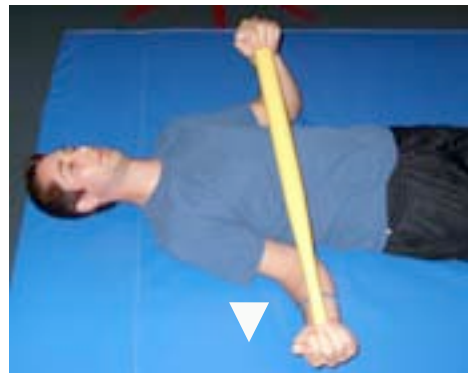
Starting position:

Lying on your back with your arms at your waist, holding a light weight bat/stick/cane/dowel.

Movement:

Using your uninvolved side for assistance, slowly flex your shoulders up overhead. Return to starting position.

Perform ___ Reps ___ Sets ___ X/day



Supine Wand AAROM External Rotation

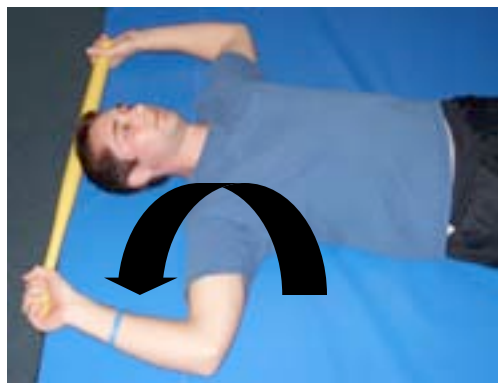
Starting position:

Lying on your back with your arms at your side and elbows flexed, holding a light weight bat/stick/cane/dowel.

Movement:

Using your uninvolved side for assistance, slowly rotate your arm to the outside. DO NOT allow your elbow to stray away from your side. Return to starting position.

Perform ___ Reps ___ Sets ___ X/day



Supine Wand AAROM 90/90 External Rotation

Starting position:

Lying on your back with your shoulder abducted and elbows flexed to 90 degrees, holding a light weight bat/stick/cane/dowel.

Movement:

Using your uninvolved side for assistance, slowly rotate your hands back toward the table. Return to starting position.

Perform ___ Reps ___ Sets ___ X/day