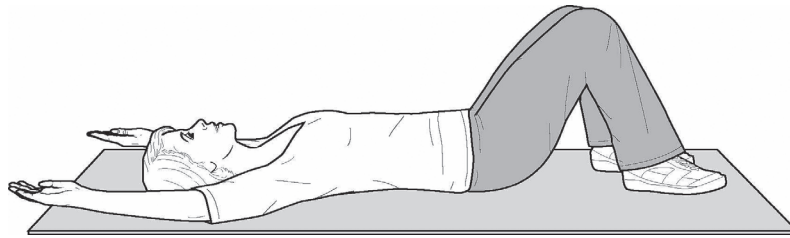


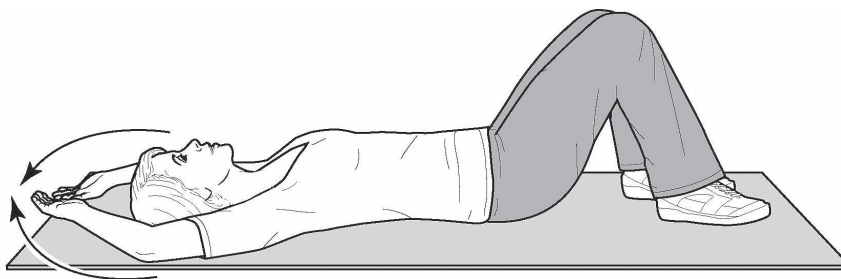
Shoulder Abduction Exercises

Snow Angel (Lying Down)

- Lie on your back. To support your neck put a rolled up towel under your head.
- Your arms should be straight out with the palms of your hands facing the ceiling.



- Slide your arms back and forth on the floor. You should only move your arms as far as you can and still be comfortable.



- Do this exercise for _____ sets of _____ .
- For a chest stretch, hold your arms out straight with the palms of your hands facing the ceiling for 30 seconds to 1 minute and 30 seconds.

You may find it helpful to use a timer for this exercise.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Supine Horizontal Abduction (Lying Down)

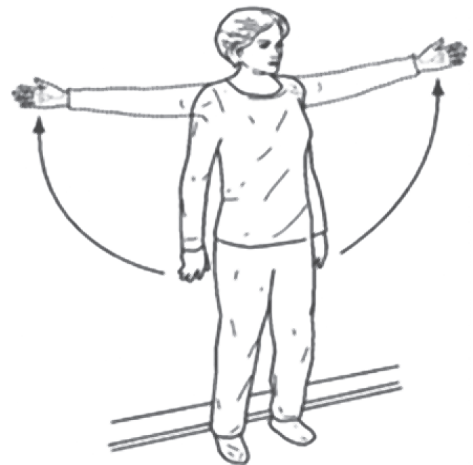
Grasp the resistance band in both hands or loop it over your hands. Stretch the band out to the sides with both your hands.

- Lie on your back.
- Hold a resistance band in your hands with your palms facing each other.
- Keep your neck relaxed and elbows straight.
- Move your hands/arms away from each other.
- Pull your arms in and out.

Do this exercise for _____ sets of _____ .

Snow Angel (Standing)

- With your head and shoulders against the wall and your chin tucked, slowly raise both arms from your sides up along the wall to shoulder height.



- With your head against the wall and your chin tucked, slowly raise your arms from shoulder height to over head.



Do this exercise for _____ sets of _____ .

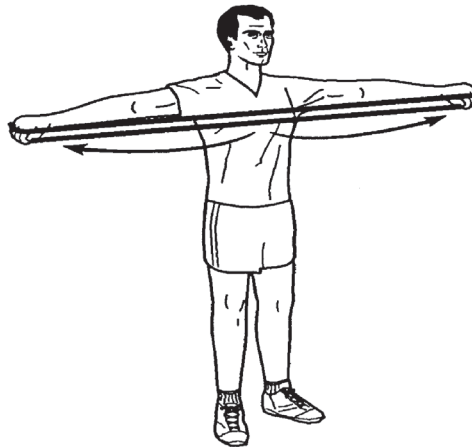
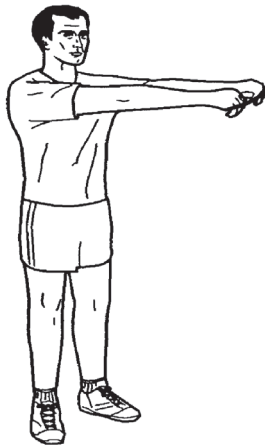
Isometric Abduction (Standing)

- With your _____ side towards the wall, place the pillow between the wall and your elbow. You can have the elbow bent or straight.
- Stand with your feet shoulder width apart for balance.
- Push your elbow out towards the wall.
- Hold and then relax. Repeat.



Scapular Chest Pulls (Standing)

Grasp the resistance band in both hands or loop it over your hands. Stretch the band out to the sides with both your hands.



Do this exercise for _____ sets of _____ .

Sideways Pinky Slide (Standing)

- Stand close to a wall. Place your forearm and pinky finger against the wall. Slide your forearm and hand up the wall until you feel a comfortable stretch.
- Lean in toward the wall for a stronger stretch.
- Hold this stretch for _____ seconds.
- Slowly step back and lower your arm down the wall until you have returned to starting position.
- Do this exercise _____ times, _____ times each day.

