Towel Slides

Supported Shoulder Exercises

Sit at a table for these exercises. Be sure you are able to easily and comfortably bend your elbow to 90 degrees while it rests on the table.

- **Do each exercise 10 to 15 times on your weak arm.**
- Repeat these exercises 2 times each day.
- Place a towel under your arm for these exercises.
- Move your arm only. Keep the rest of your body still.

**Straight arm side to side (abduction and adduction)**

Resting your weak arm on the towel, move the towel from side to side on the table while keeping your arm straight.

**Bent arm side to side (internal and external rotation)**

Resting your weak arm on the towel, move the towel side to side while keeping your elbow bent on table. Challenge yourself to reach your hand as far to the right as you can while keeping your elbow still.
Back and forth (flexion and extension)
Resting your weak arm on the towel, push the towel back and forth on the table.

Circles (circumduction)
Resting your weak arm on the towel, move the towel around in circles in one direction about 10 times. Then make circles in the opposite direction.

As these exercises get easier for you, try to increase the number of times you do each exercise, or do the exercises more times each day.