

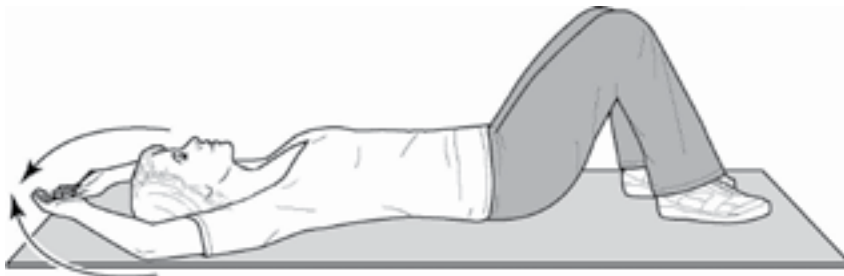
Shoulder Abduction Exercises

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.



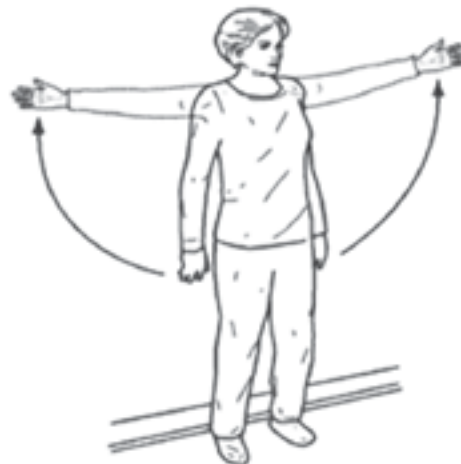
- Do this exercise for _____ sets of _____ .
- For a chest stretch, hold your arms out straight with the palms of your hands facing the ceiling for 30 seconds to 1 minute and 30 seconds.

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.

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 _____ .

Shoulder Blade Exercise

- With your arms bent at the elbows, squeeze your shoulder blades together behind you. Try not to lift your shoulders up.
- Relax



Do this exercise for _____ sets of _____ .

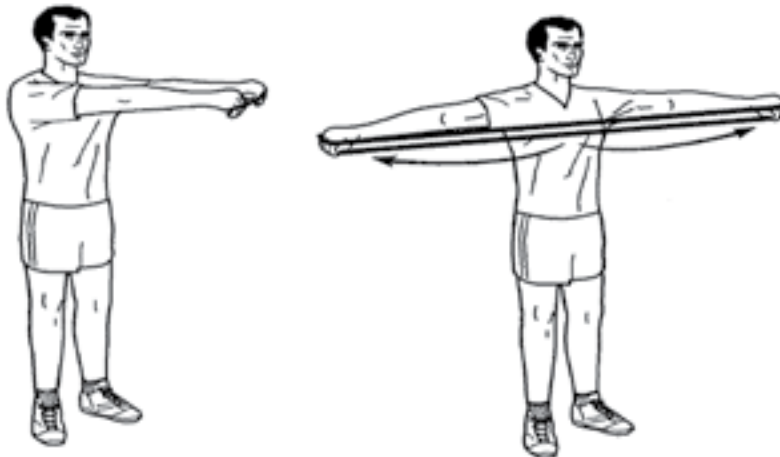
Supine Shoulder External Rotation (Lying Down)

- Lie on your back.
- Place your arms along side of your body with elbows bent.
- Hold a resistance band in your hands with your palms facing each other.
- Keep your neck relaxed.
- Keep your elbows on the floor and pull your hands away from each other.

Do this exercise for _____ sets of _____ .

Scapular Chest Pulls:

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 _____ .

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 _____ .