

Vivaan Clinic, Nashik

Shoulder Passive Range of motion exercises



Sit or stand. Roll your shoulders in both directions. Repeat 10 times.



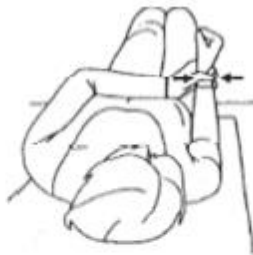
Sitting. Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx. 5 seconds. Repeat on the other side. Repeat 10 times.



Stand leaning on a table with one hand. Let your other arm hang relaxed straight down. Swing your arm as if drawing a circle on the floor. Change direction. Repeat 10 times.



Stand. Hold onto the wrist of your other hand behind your back. Keep your elbow close to your body. Pull your wrist up and away from your back. Repeat 10 times.



Lying on your back. Elbow bent at a right angle close to your body. Hold onto your wrist with your other hand. Move your arm outwards and stop when your forearm is perpendicular to your body then move your arm back inwards. Use the non-affected hand for movement. Repeat 10 times.



Lying on your back. Use one arm to lift the other arm up, keeping it as close to the ear as possible. Repeat 10 times.