

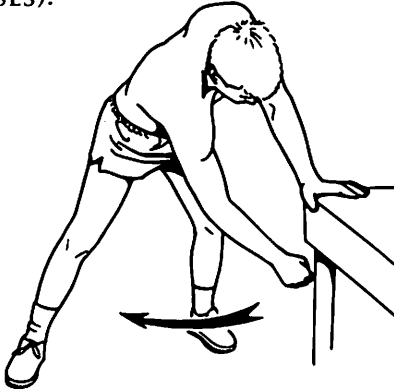
SHOULDER RANGE OF MOTION

(CODMAN'S EXERCISES):

PENDULUM

(FRONT TO BACK)

Gently move arm from front to back by rocking body weight from front to back. Let arm swing freely.



Repeat 25 times/set.

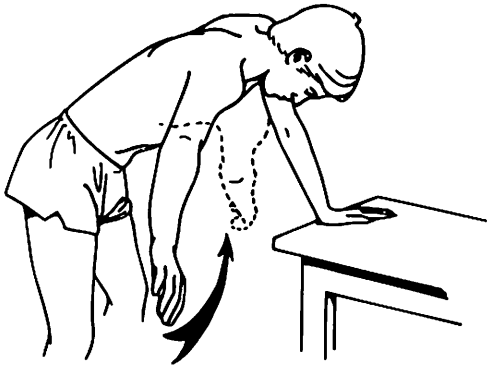
Perform 1 sets/session.

Perform 2-3 sessions/day.

(CODMAN'S EXERCISES):

CROSSES

(HORIZONTAL ABDUCTION/ADDUCTION)



Supporting your body weight with other hand, reach across body as far as you can, then pull back.

Repeat 25 times/set.

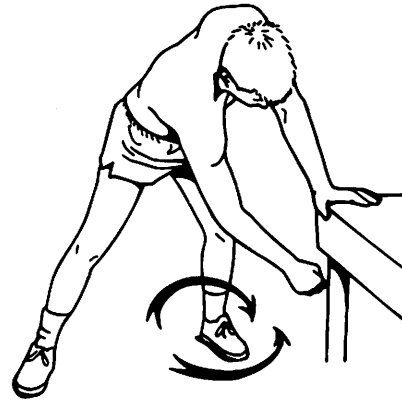
Perform 1 sets/session.

Perform 2-3 sessions/day.

(CODMAN'S EXERCISES):

PENDULUM

(CLOCKWISE/COUNTERCLOCKWISE)



Let arm move in a circle clockwise by rocking body weight in a circular pattern.

Repeat 25 times clockwise

and 25 times counterclockwise/set.

Perform 1 sets/session.

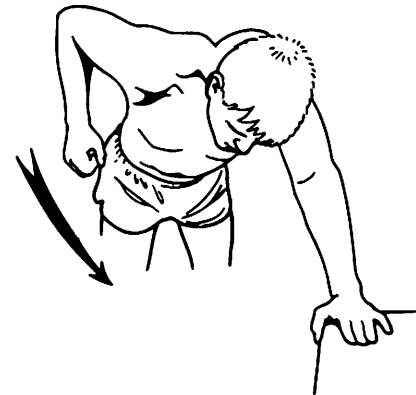
Perform 2-3 sessions/day.

(CODMAN'S EXERCISES):

SAWS

(SHOULDER
PROTRACTION/
RETRACTION)

Supporting weight with hand on table, reach out in front of you. Pull arm back pinching shoulder blades together.



Repeat 25 times.

Perform 1 sets/session.

Perform 2-3 sessions/day.

(CONTINUED ON REVERSE SIDE)

SHOULDER RANGE OF MOTION (CONTINUED)

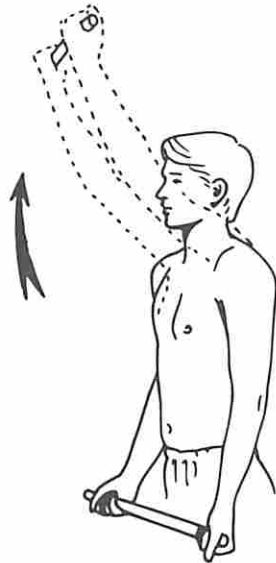
(WAND ACTIVITIES):

FLEXION

STANDING

OR LYING.

Bring wand directly overhead,
leading with uninvolved side.
Reach back until you feel a stretch.



Hold 5 seconds.

Repeat 5 times.

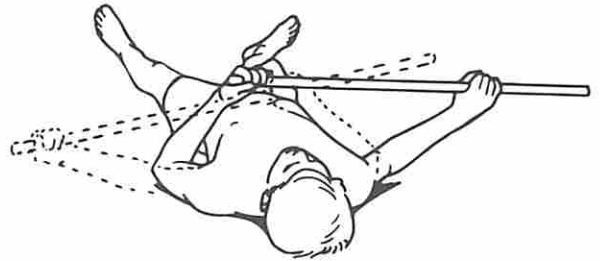
Perform 1 sets/session.

Perform 2-3 sessions/day.

(WAND ACTIVITIES):

EXTERNAL/INTERNAL ROTATION

Hold wand with involved side palm in, push with uninvolved side
(palm down) out from body while keeping elbow at side until you
feel a stretch. Pull back across body leading with uninvolved side.
Keep elbows bent.



Hold 5 seconds.

Repeat 5 times.

Perform 2-3 sessions/day.

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