

## Accelerated Protocol Exercises Week 4 - 5

Your therapist has prescribed you exercises to do this week. Look for each exercise in the list below and click on the name to view the instructions and pictures.

**Reminder:** Please only do the exercises specifically prescribed to you by your therapist to prevent injury.

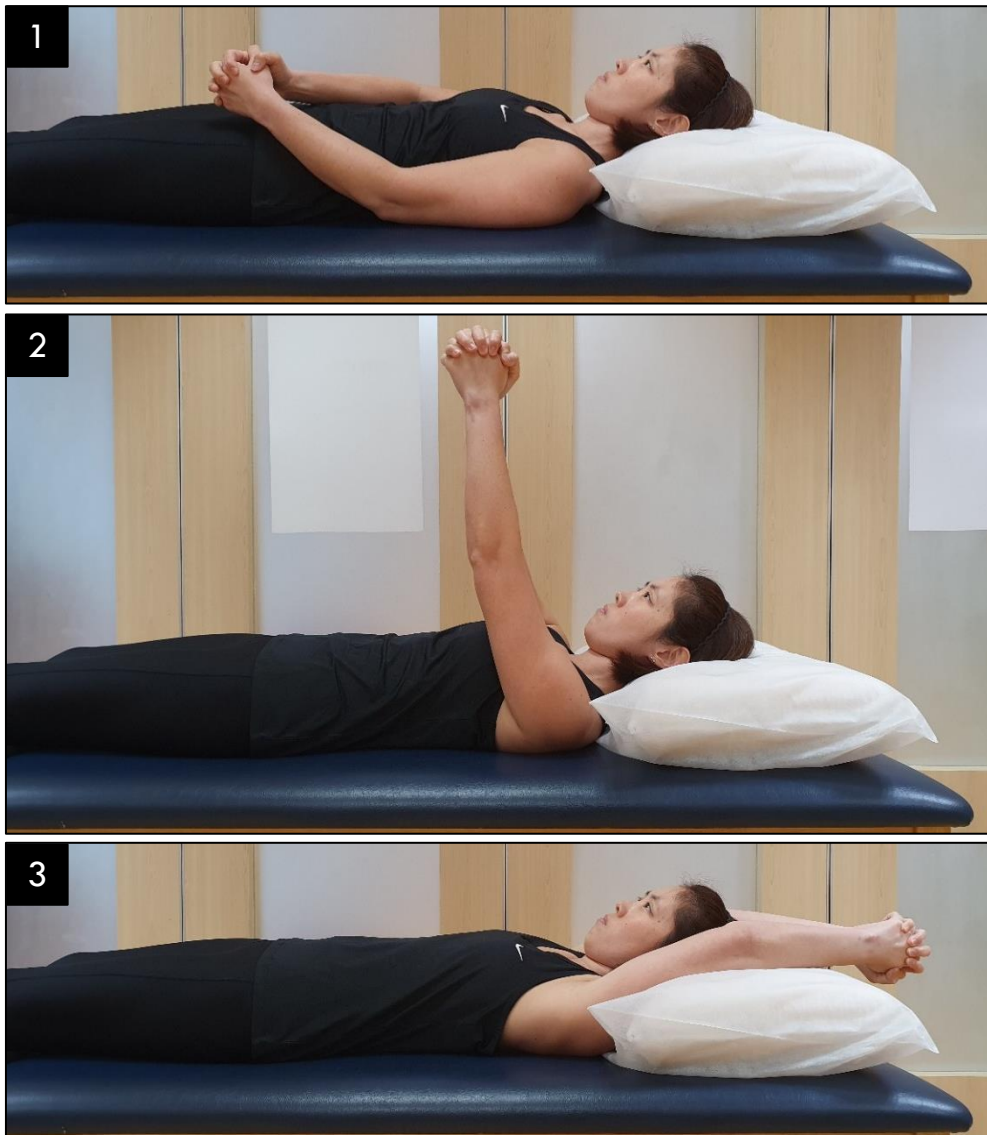
Category	Exercises That May Be Prescribed
<p>1. Shoulder <b>passive</b> range of motion exercises in all directions (beyond 90 degrees)</p>	<ul style="list-style-type: none"> <li>A. <a href="#">Shoulder flexion – hands clasped (lying)</a></li> <li>B. <a href="#">Shoulder flexion – table slides using body movement</a></li> <li>C. <a href="#">Shoulder abduction – with stick (lying)</a></li> <li>D. <a href="#">Shoulder abduction – table slides using body movement</a></li> <li>E. <a href="#">Shoulder external rotation – with stick (lying)</a></li> <li>F. <a href="#">Shoulder external rotation – with stick (sitting/standing)</a></li> <li>G. <a href="#">Shoulder internal rotation – with stick (lying)</a></li> <li>H. <a href="#">Shoulder internal rotation – with stick (sitting/standing)</a></li> </ul>

<p>2. Shoulder <b>active-assisted</b> range of motion exercises in all directions (beyond 90 degrees)</p>	<ul style="list-style-type: none"> <li>A. <a href="#">Shoulder flexion – with stick (lying)</a></li> <li>B. <a href="#">Shoulder flexion – with stick (sitting/standing)</a></li> <li>C. <a href="#">Shoulder flexion – hands clasped (lying)</a></li> <li>D. <a href="#">Shoulder flexion – hands clasped (sitting/standing)</a></li> <li>E. <a href="#">Shoulder flexion – wall climbs</a></li> <li>F. <a href="#">Shoulder flexion – tabletop slides</a></li> <li>G. <a href="#">Shoulder extension – with stick</a></li> <li>H. <a href="#">Shoulder abduction – with stick (lying)</a></li> <li>I. <a href="#">Shoulder abduction – with stick (sitting/standing)</a></li> <li>J. <a href="#">Shoulder abduction – wall climbs</a></li> <li>K. <a href="#">Shoulder abduction – tabletop slides</a></li> <li>L. <a href="#">Shoulder external rotation – with stick (sitting/standing)</a></li> <li>M. <a href="#">Shoulder external rotation – tabletop slides</a></li> <li>N. <a href="#">Shoulder internal rotation – with stick</a></li> <li>O. <a href="#">Shoulder internal rotation – tabletop slides</a></li> <li>P. <a href="#">Table wiping</a></li> </ul>
<p>3. Gentle strengthening exercises for forearm and elbow</p>	<ul style="list-style-type: none"> <li>A. <a href="#">Forearm pronation static strengthening</a></li> <li>B. <a href="#">Forearm supination static strengthening</a></li> <li>C. <a href="#">Biceps static strengthening</a></li> <li>D. <a href="#">Triceps static strengthening</a></li> </ul>

## 1A. Shoulder Flexion – Hands Clasped (Lying)

Position: Lying

Type: Passive Movement



1. Lie on your back with your hands clasped together and resting on your abdomen.
2. Use your other hand (*unaffected side*) to raise your arm (*affected side*) slowly, as much as you can tolerate, toward the head of the bed.  
Note: Keep your elbows straight and avoid arching your back.
3. Slowly bring your arm back to the starting position.

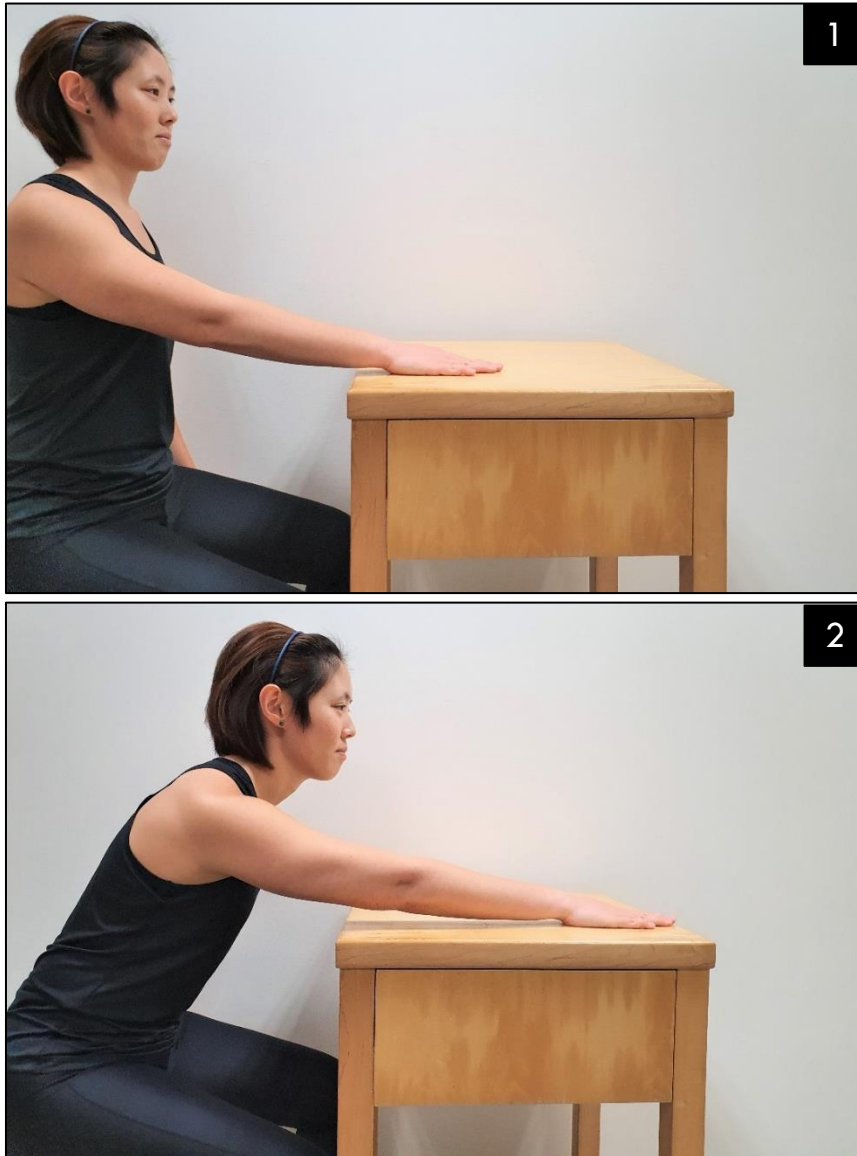
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## 1B. Shoulder Flexion – Table Slides Using Body Movement

Position: Sitting / Standing

Type: Passive Movement

Equipment: Table



1. In a sitting / standing position, place your hand (*affected side*) palm faced down on a table in front of you with the help of your other hand (*unaffected side*).
2. Lean your body forward to slide your hand on the table slowly as much as you can tolerate to “raise” your arm up.
3. Slowly lean back to slide your hand back to the starting position.

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## 1C. Shoulder Abduction – with Stick (Lying)

Position: Lying

Type: Passive Movement

Equipment: Stick



1. Lie on your back with your affected arm by your side.
2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.
3. Keeping your elbow straight and arm on the bed, slowly push your arm (*affected side*) out sideways, as much as you can tolerate, towards the head of bed.
4. Slowly lower your arm back to the starting position.

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## 1D. Shoulder Abduction – Table Slides Using Body Movement

Position: Sitting / Standing

Type: Passive Movement

Equipment: Table



1. In a sitting / standing position, use your other hand to place your hand (*affected side*) on a table by your side.
2. Lean your body sideways to slide your hand on the table slowly, as much as you can tolerate, to “raise” your arm to the side.
3. Slowly lean back to slide your hand back to the starting position.

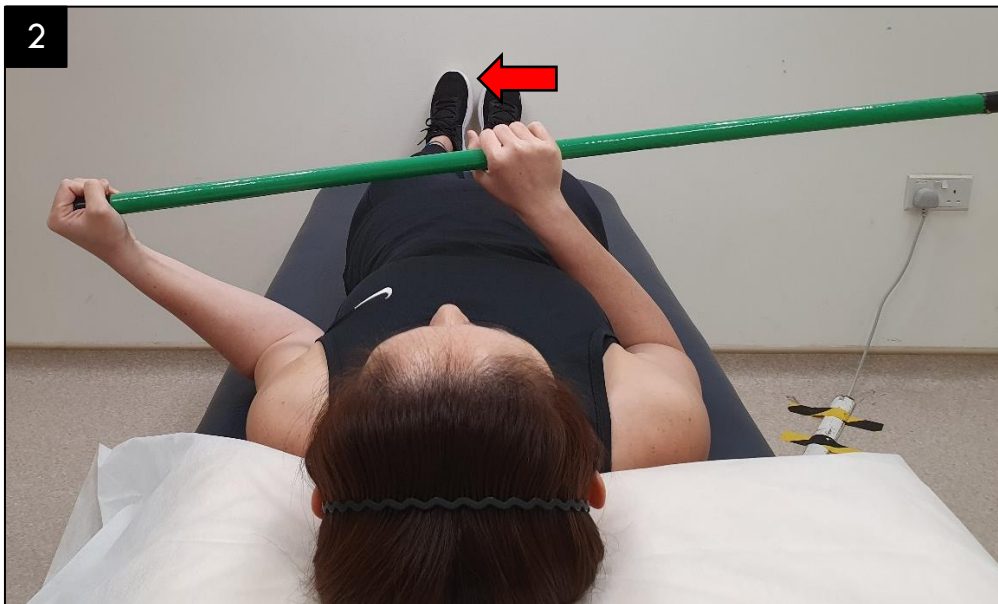
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## 1E. Shoulder External Rotation – with Stick (Lying)

Position: Lying

Type: Passive Movement

Equipment: Stick



1. Lie on your back with elbows bent to a 90-degree angle.
2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.
3. Keeping your elbows against your sides, use the stick to slowly push your hand away from your body, as much as you can tolerate.
4. Slowly bring your arm back to the starting position.

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## 1F. Shoulder External Rotation – with Stick (Sitting/Standing)

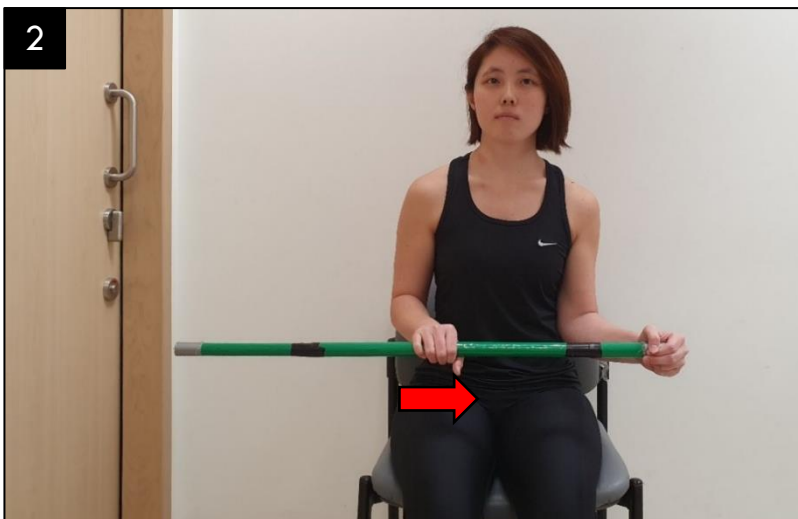
Position: Sitting / Standing

Type: Passive Movement

Equipment: Stick



1. Sit / Stand with feet shoulder-width apart.
2. Bend both elbows to a 90-degree angle.
3. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.



4. Keeping your elbows against your body, use the stick to slowly push your hand (*affected side*) away from your body, as much as you can tolerate.
5. Slowly bring your arm back to the starting position.

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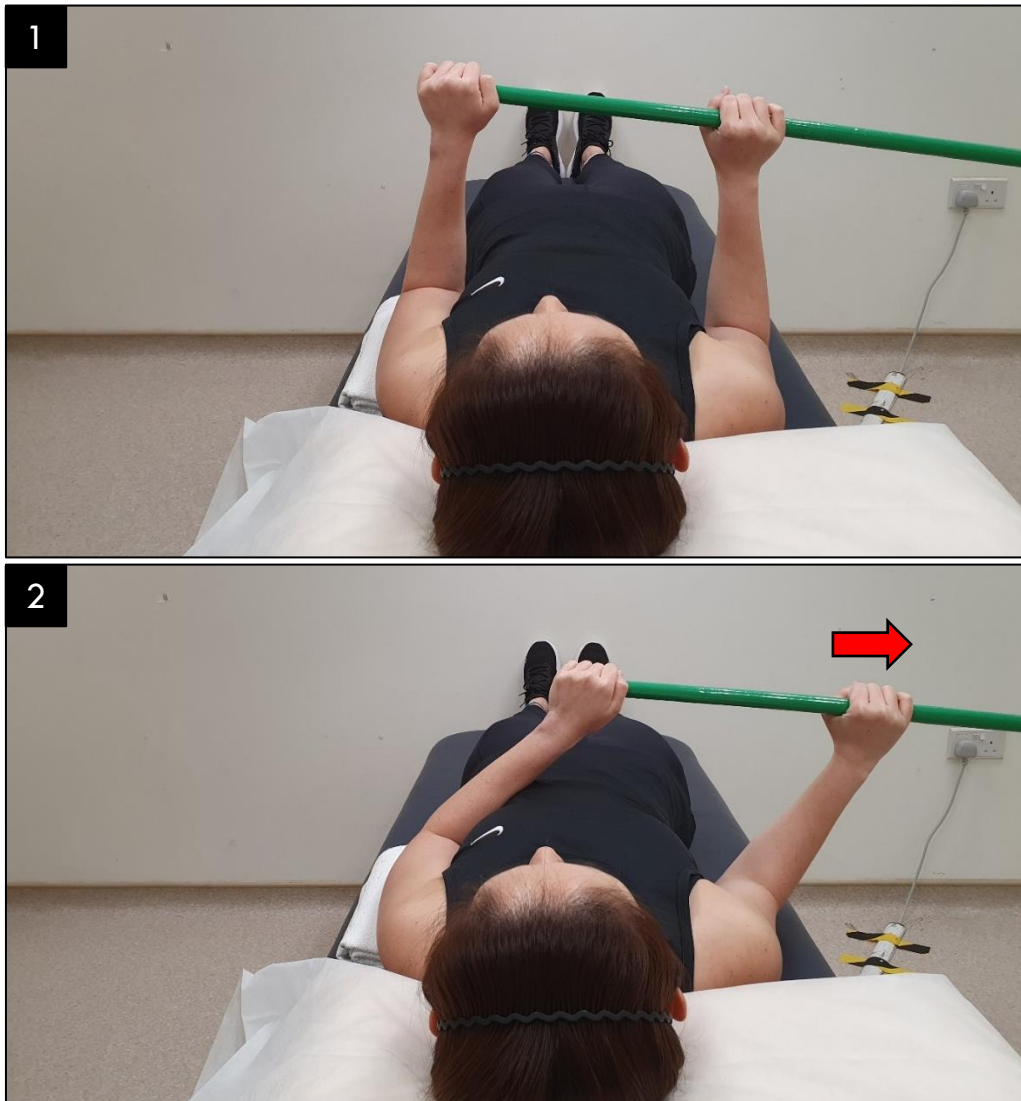


## 1G. Shoulder Internal Rotation – with Stick (Lying)

Position: Lying

Type: Passive Movement

Equipment: Stick



1. Lie on your back with elbows bent to a 90-degree angle.
2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.
3. Keeping your elbows against your sides, slowly pull your hand (*affected side*) inwards towards your body, as much as you can tolerate.
4. Slowly bring your arm back to the starting position.

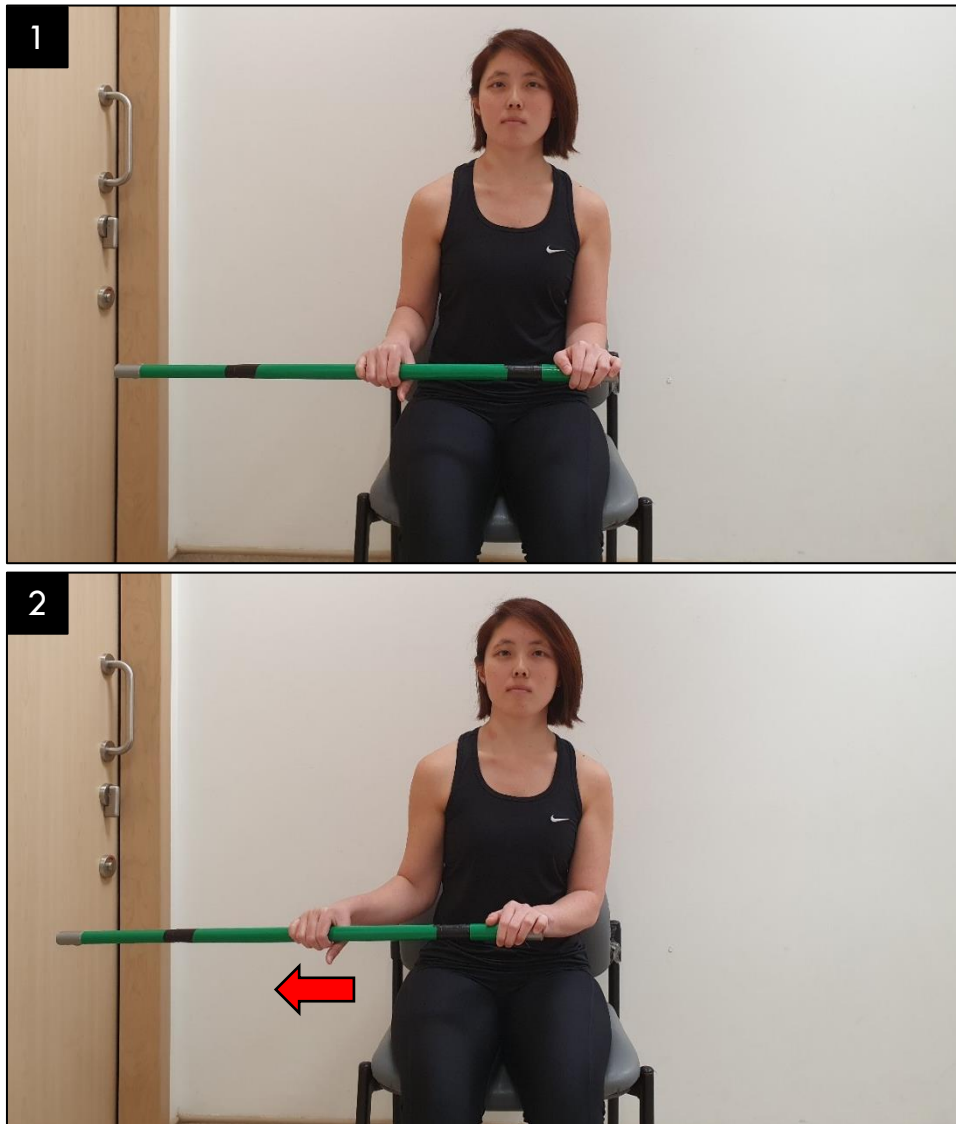
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## 1H. Shoulder Internal Rotation – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Passive Movement

Equipment: Stick



1. Sit / Stand with feet shoulder-width apart.
2. With elbows bent to a 90-degree angle, hold a stick with both hands.
3. Keeping your elbows against your sides, use the stick to slowly pull your hand (*affected side*) towards your body, as much as you can tolerate.
4. Slowly bring your arm back to the starting position.

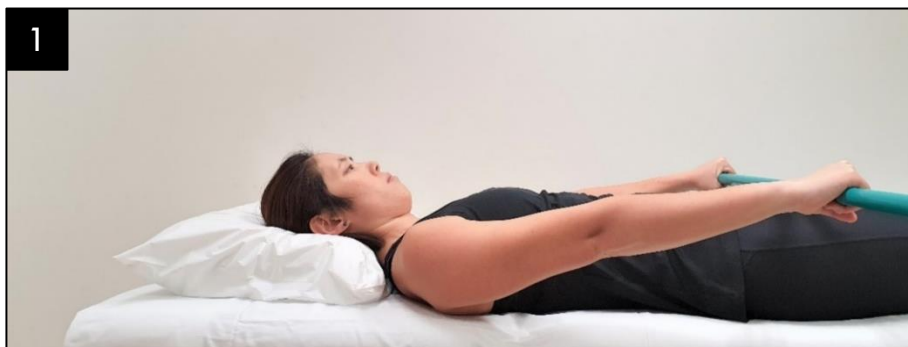
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## 2A. Shoulder Flexion – with Stick (Lying)

Position: Lying

Type: Active-assisted Movement

Equipment: Stick



1. Lie on your back.
2. Hold a stick in both hands with your palms facing downward.
3. Keeping your elbows straight, slowly raise your affected arm toward the ceiling, then as far back as possible, with assistance from your unaffected arm.
4. Slowly lower your arms back to the starting position.

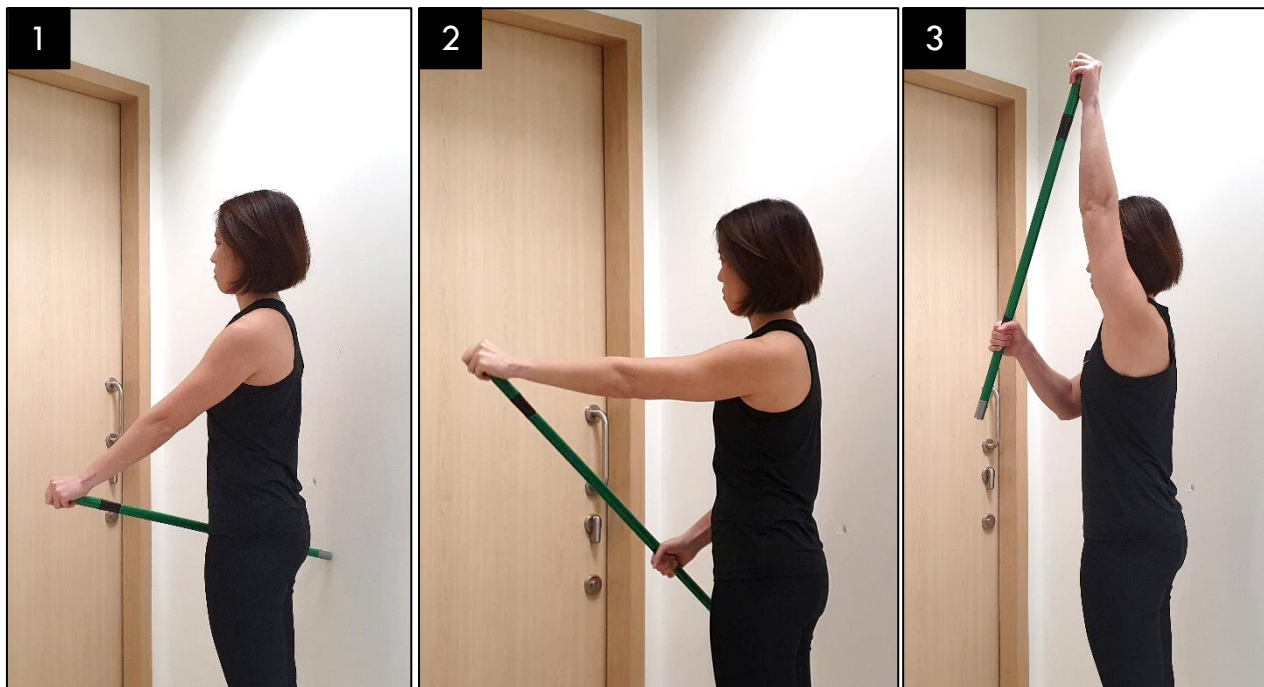
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## 2B. Shoulder Flexion – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



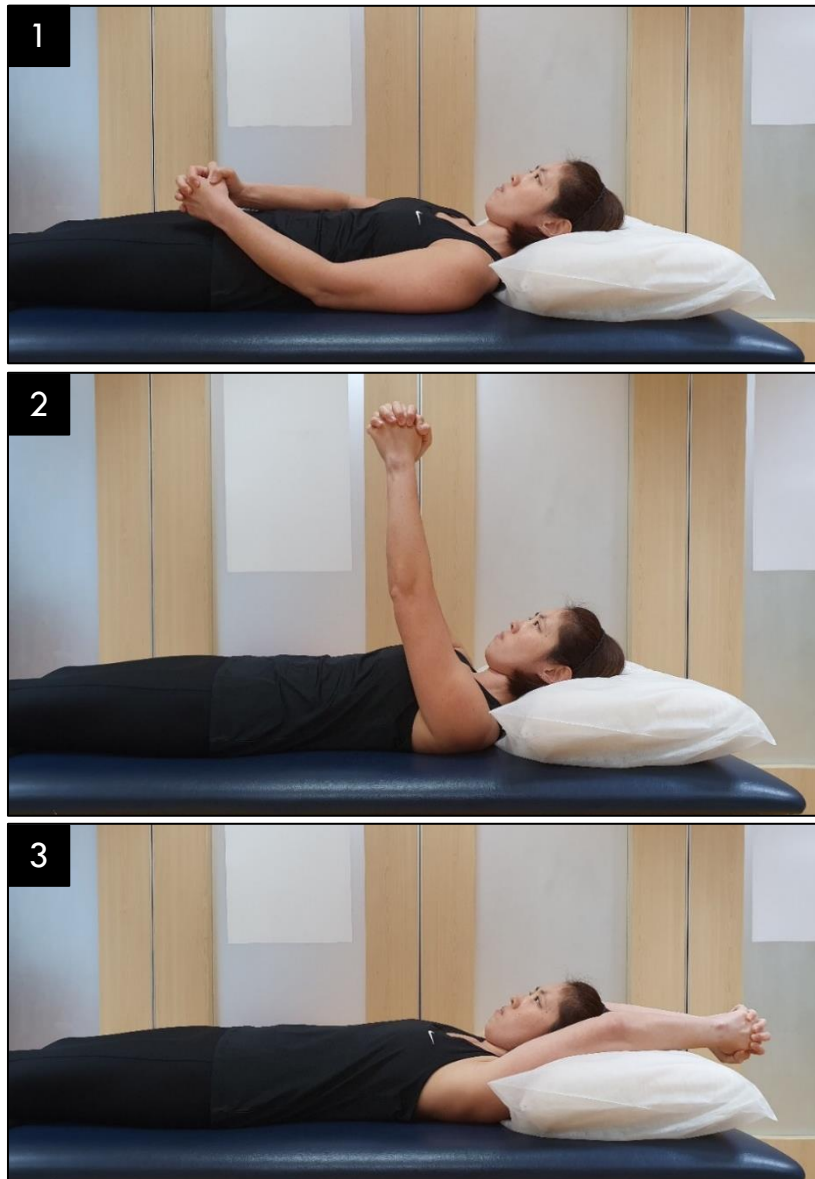
1. In a sitting / standing position, hold a stick in both hands with one hand (*affected side*) in front of you and the other hand (*unaffected side*) by your side.
2. Keeping your elbow straight, slowly raise your affected arm as high as possible with assistance from your unaffected arm.
3. Slowly lower your arms back to the starting position.

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## 2C. Shoulder Flexion – Hands Clasped (Lying)

Position: Lying

Type: Active-assisted Movement



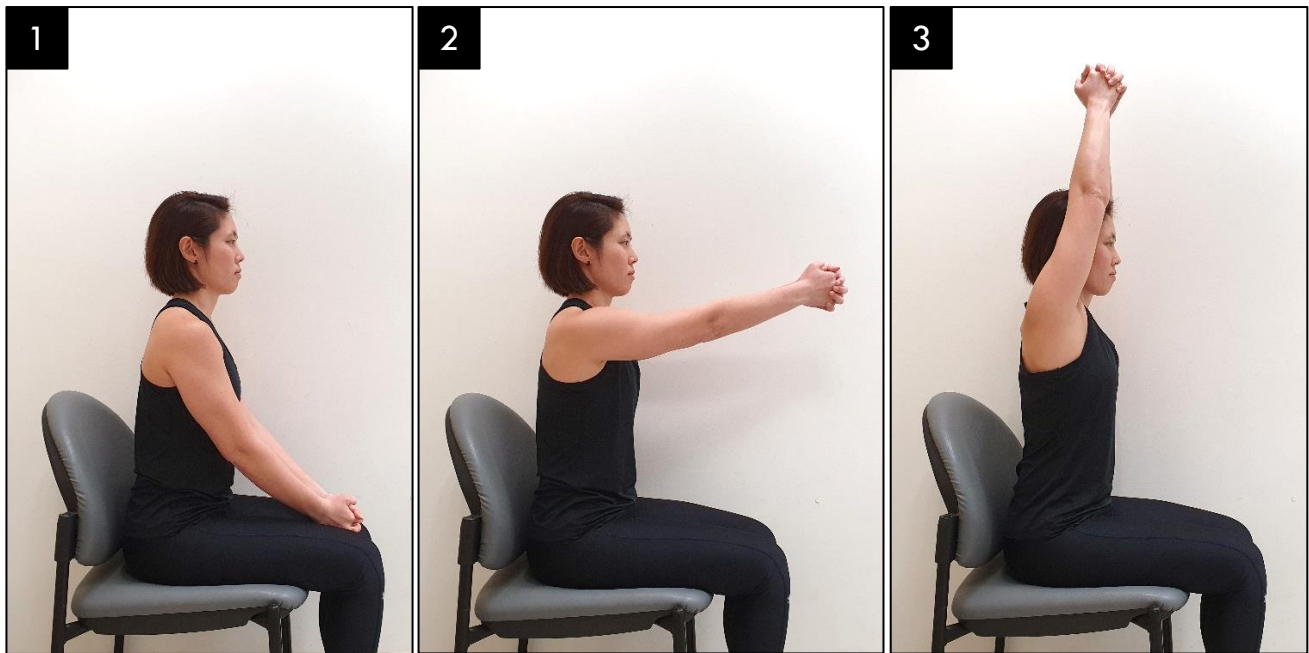
1. Lie on your back with your arms straight and hands clasped together resting on your abdomen.
2. Slowly raise your affected arm as far back as possible with assistance from your unaffected hand.
3. Slowly lower your arms back to the starting position.

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## 2D. Shoulder Flexion – Hands Clasped (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement



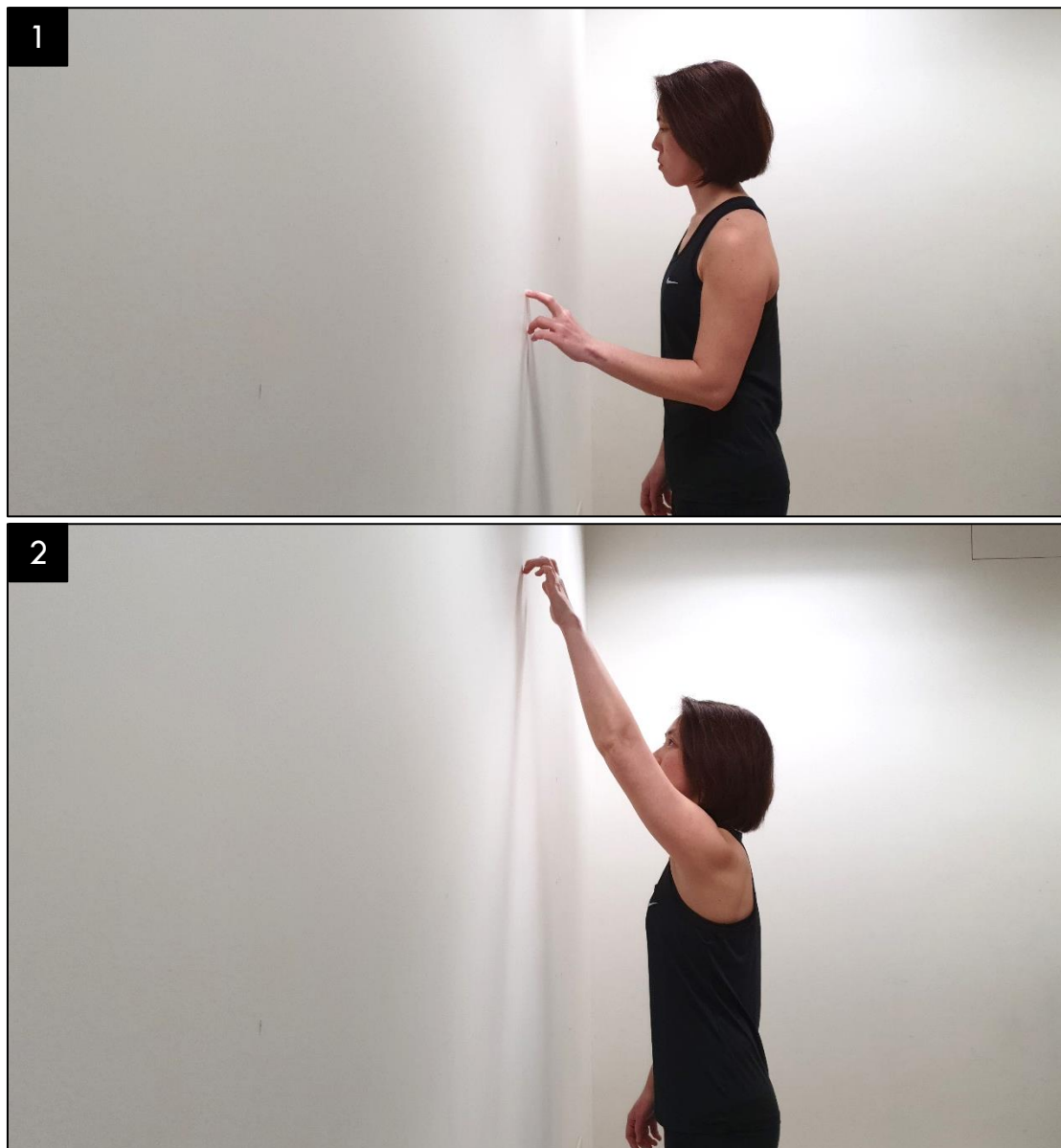
1. Sit / Stand with your arms straight and hands clasped in front of you.
2. Slowly raise your affected arm to the front, as high as possible, with assistance from your unaffected hand.
3. Slowly lower your arms back to the starting position.

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## 2E. Shoulder Flexion – Wall Climbs

Position: Sitting / Standing

Type: Active-assisted Movement



1. Place two fingers on a wall in front of you.
2. “Walk” your fingers up the wall as high as possible.
3. Hold position for 5 seconds, then slowly “walk” back down to the starting position.

Note: Avoid shrugging/ hiking your shoulders during the movement.

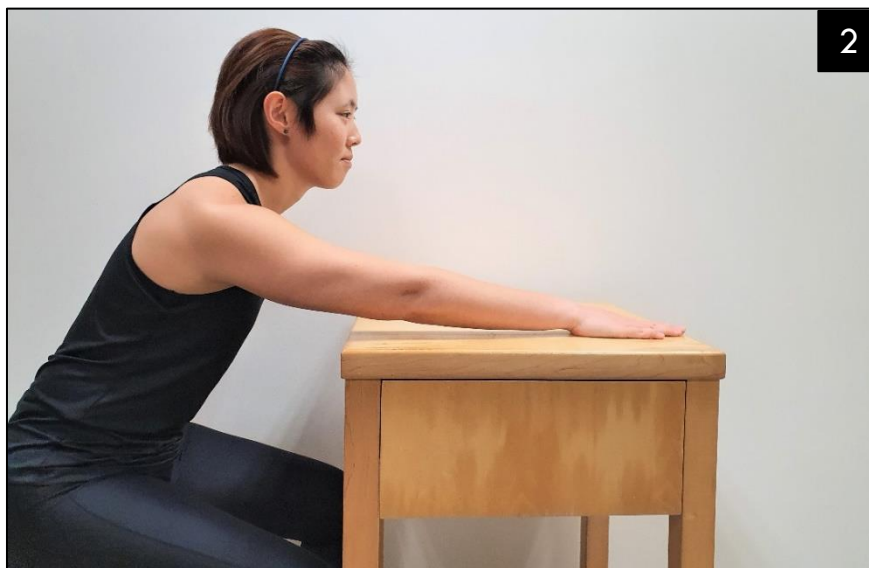
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## 2F. Shoulder Flexion – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. Lift your hand and place it on a table in front of you.  
You may use your other hand (*unaffected side*) to assist if needed.
2. Slide your hand forward, away from you.
3. Lean your body towards the table to assist in the movement.
4. Slowly lean back to bring your arm back to the starting position.

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## 2G. Shoulder Extension – with Stick

Position: Standing

Type: Active-assisted Movement

Equipment: Stick



1. Stand with your arms by your side and slightly behind your body.
2. Hold a stick with both hands, palms facing backward.
3. Slowly move your affected arm backward as much as you can tolerate, using your other hand to assist.
4. Slowly lower your arms back to the starting position.

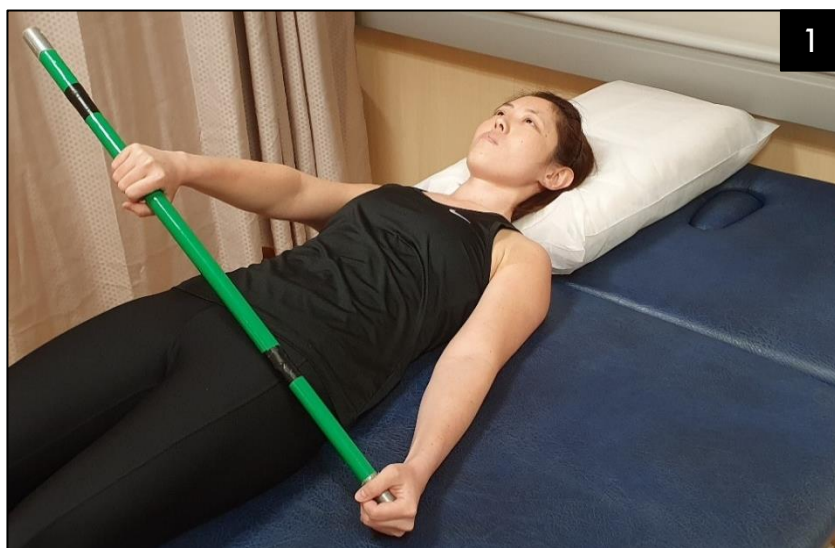
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## 2H. Shoulder Abduction – with Stick (Lying)

Position: Lying

Type: Active-assisted Movement

Equipment: Stick



1. Lie on your back with your affected arm by your side.

2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.



3. Keeping your arm on the bed, slowly slide your arm out and up to the side, towards the head of the bed, as much as you can tolerate. Use your other hand to assist the movement.

4. Slowly lower your arms back to the starting position.



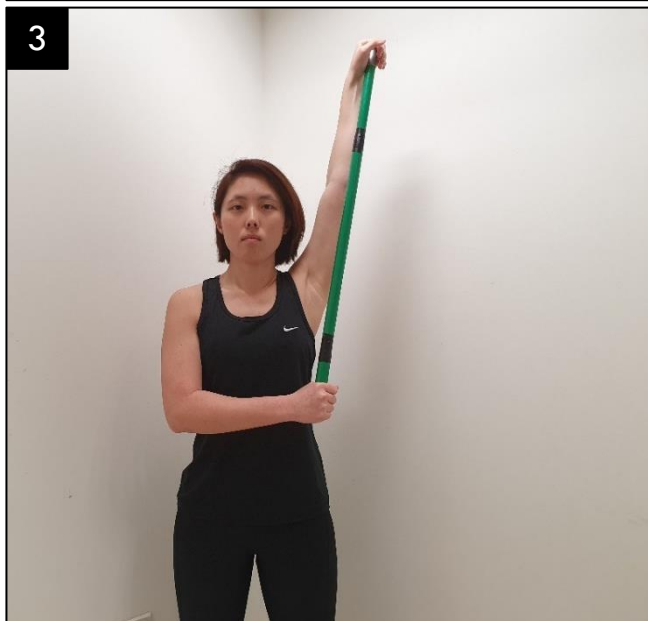
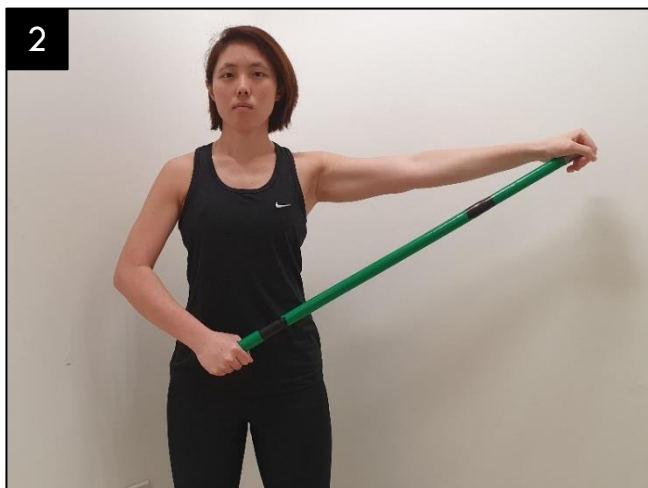
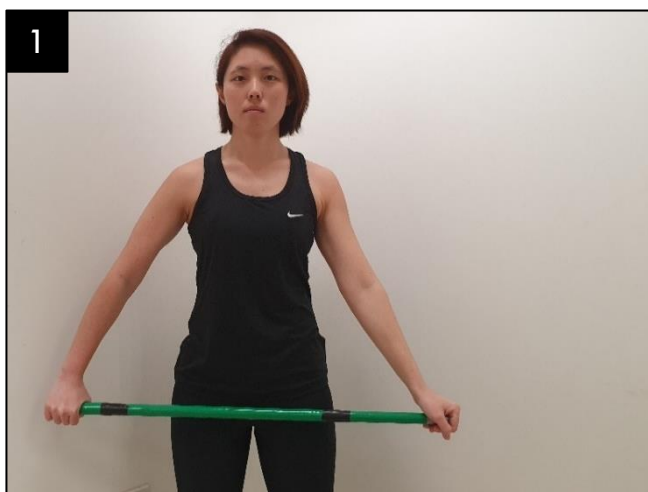
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## 2I. Shoulder Abduction – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.
3. Slowly raise your arm (*affected side*) sideways, as much as tolerated, using your other hand to assist.
4. Slowly lower your arms back to the starting position.

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## 2J. Shoulder Abduction – Wall Climbs

Position: Sitting / Standing

Type: Active-assisted Movement



1. Place two fingers on a wall by your side.
2. “Walk” your fingers up the wall as high as possible.
3. Hold for 5 seconds, then slowly “walk” back down to the starting position.

Note: Avoid shrugging your shoulders during the movement.

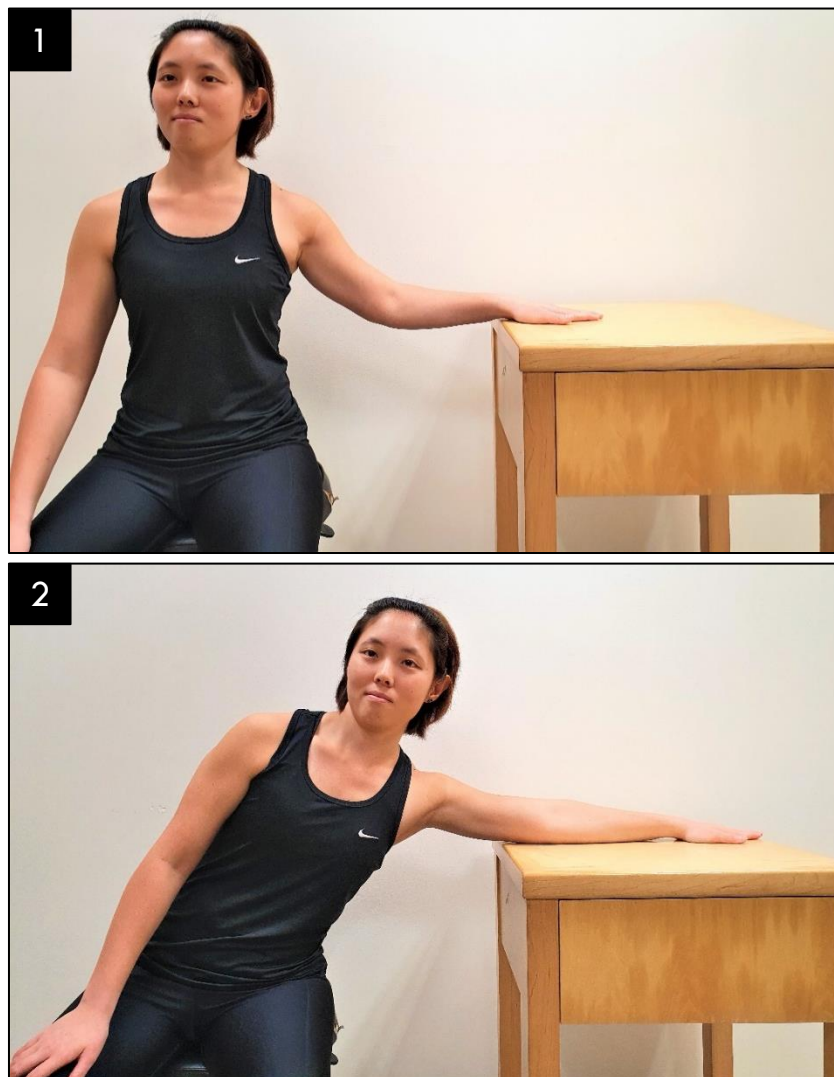
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## 2K. Shoulder Abduction – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. Lift your hand and place it on a table by your side.  
You may use your other hand (*unaffected side*) to assist if needed.
2. Slide your hand sideways away from you.
3. Lean your body towards the table to assist in the movement.
4. Slowly lean back to bring your arm back to the starting position.

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## 2L. Shoulder External Rotation – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a stick with both hands with your palm (*affected side*) gently grasping the end of the stick.
3. Bend your elbows to 90 degrees.



4. Keeping your elbow tucked to your side, move your forearm (*affected side*) outwards away from your body.
5. You may use your unaffected arm to assist in the movement by pushing the stick.
6. Slowly return your forearm to the starting position.

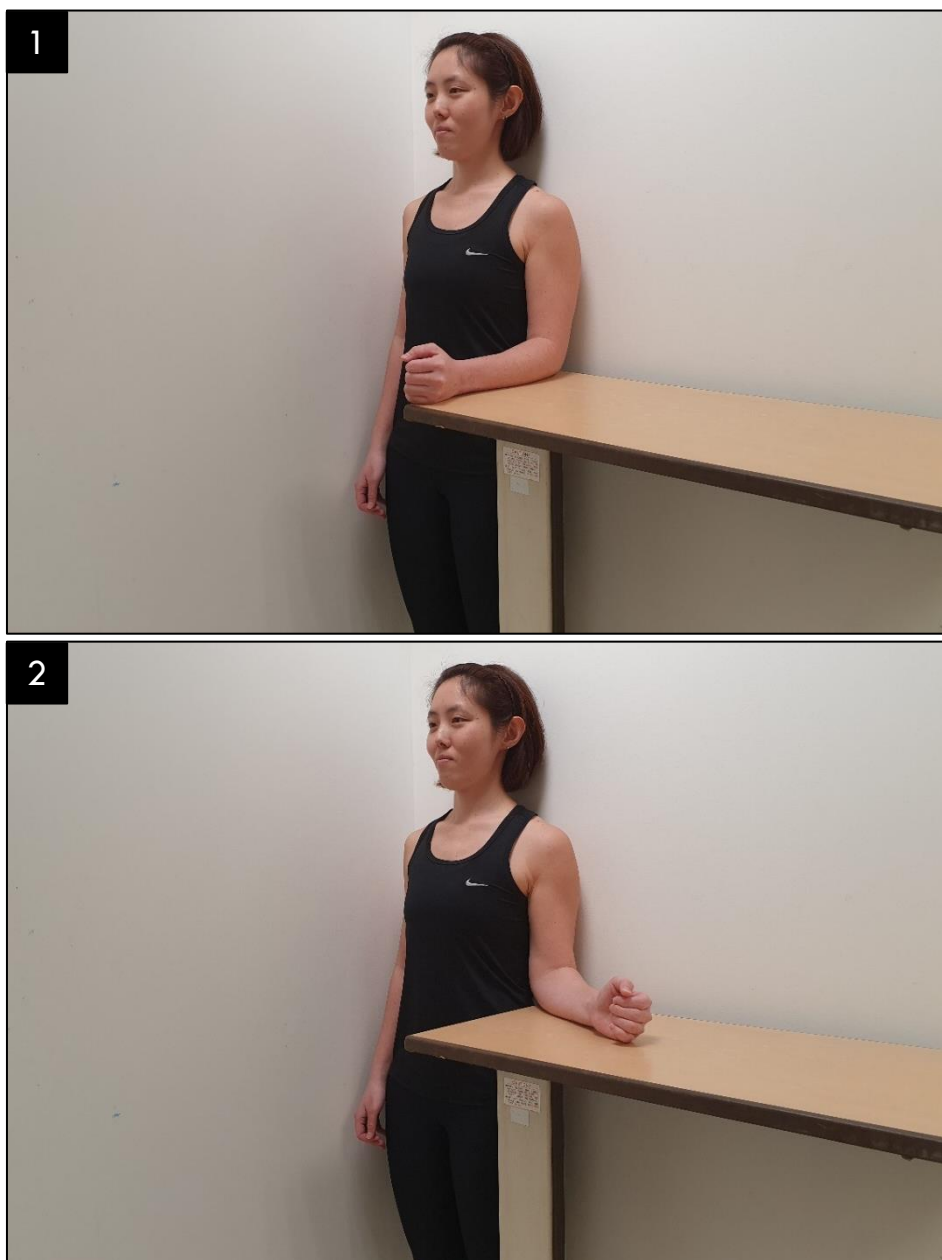
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## 2M. Shoulder External Rotation – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. In a sitting / standing position, place your forearm on a table surface with elbow against your side and bent to a 90-degree angle.
2. Keeping your elbow against your side, slide your forearm outwards, away from your body.
3. Slowly bring your forearm back to the starting position.

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## 2N. Shoulder Internal Rotation – with Stick

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a stick with both hands.
3. Bend your elbows to 90 degrees.
4. Keeping your elbow against your side, move your forearm (*affected side*) inwards towards your body.
5. You may use your unaffected arm to assist in the movement by pulling the stick.
6. Slowly bring your forearm back to the starting position.

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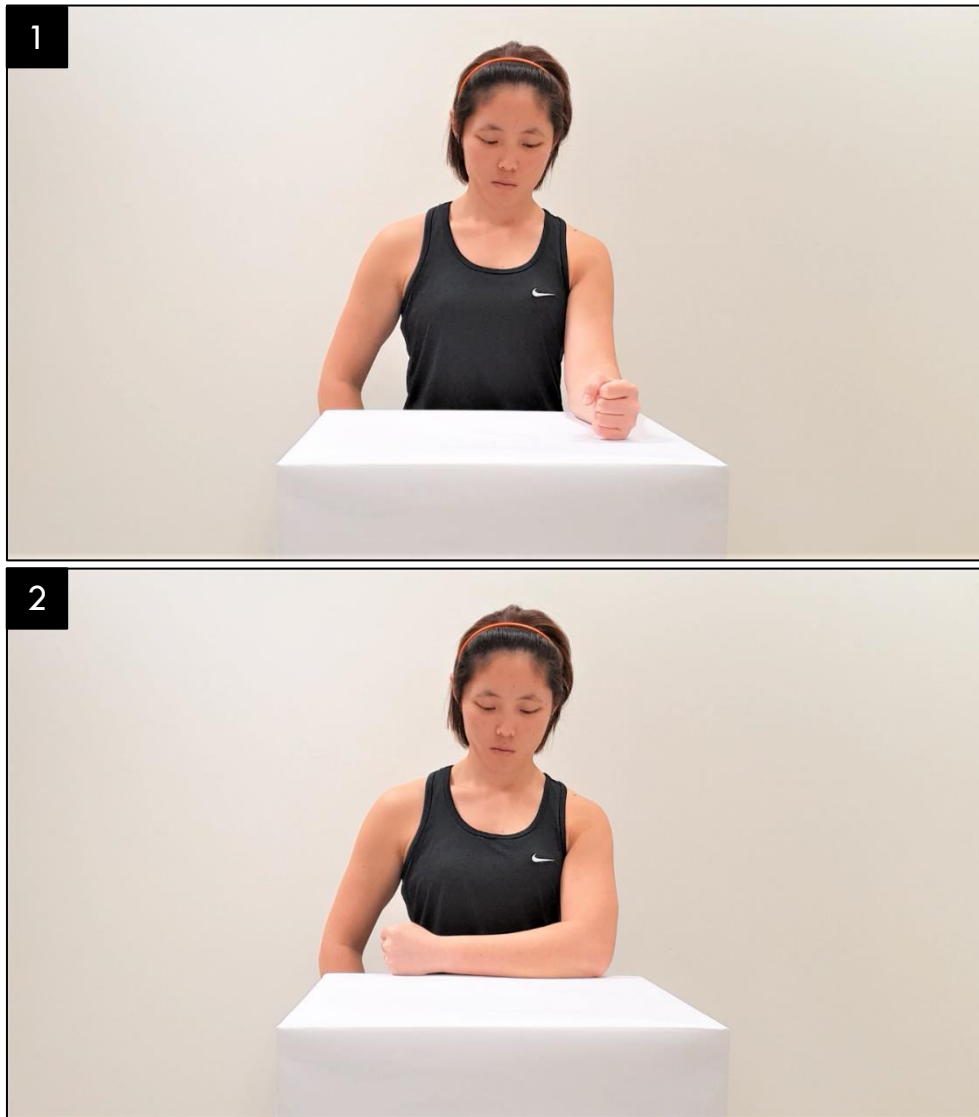


## 20. Shoulder Internal Rotation – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. Place your forearm on a table surface with elbow against your side and bent at a 90-degree angle.
2. Keeping your elbow against your side, slide your forearm inwards towards your body.
3. Slowly bring your forearm back to the starting position.

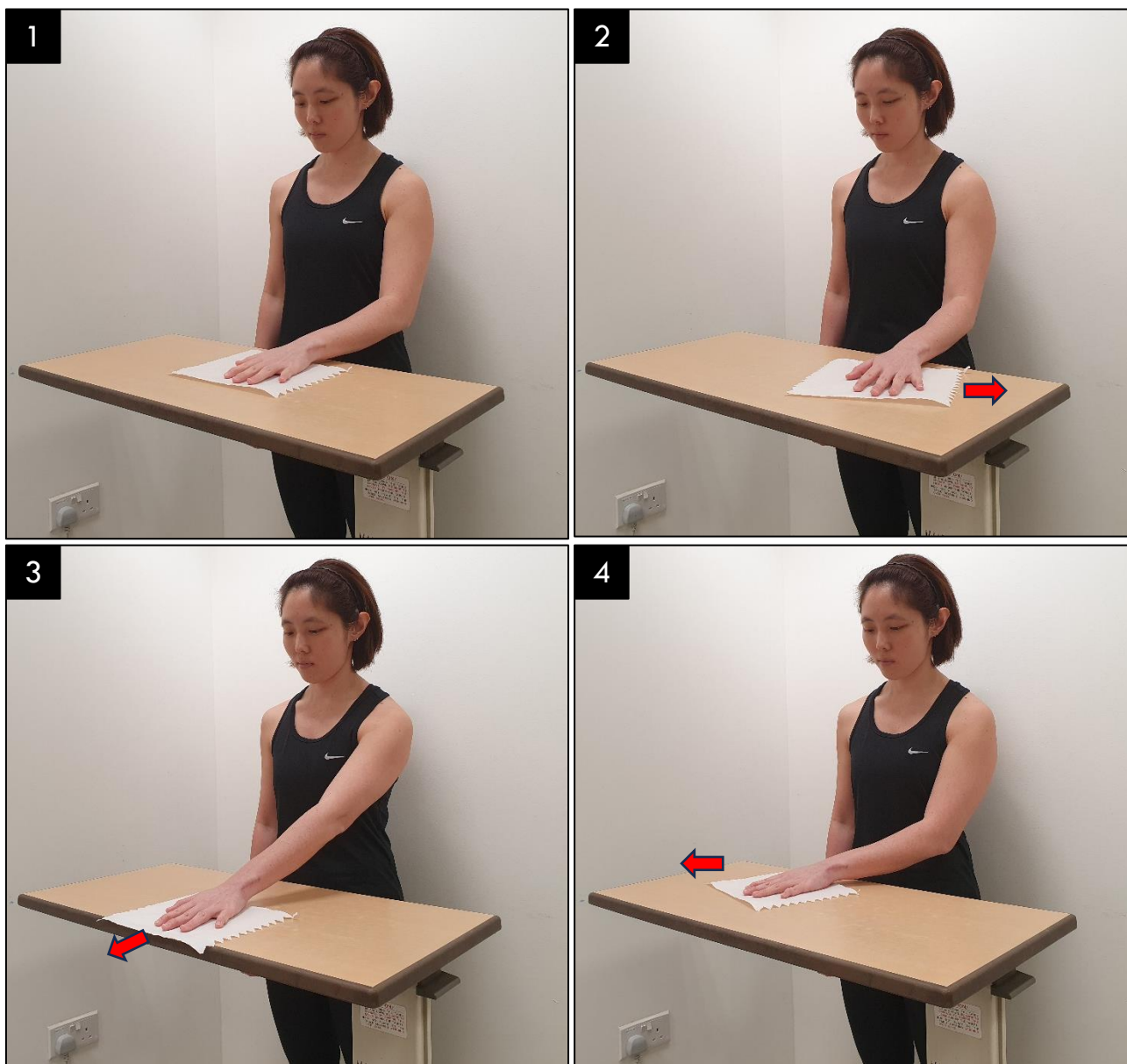
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## 2P. Table Wiping

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



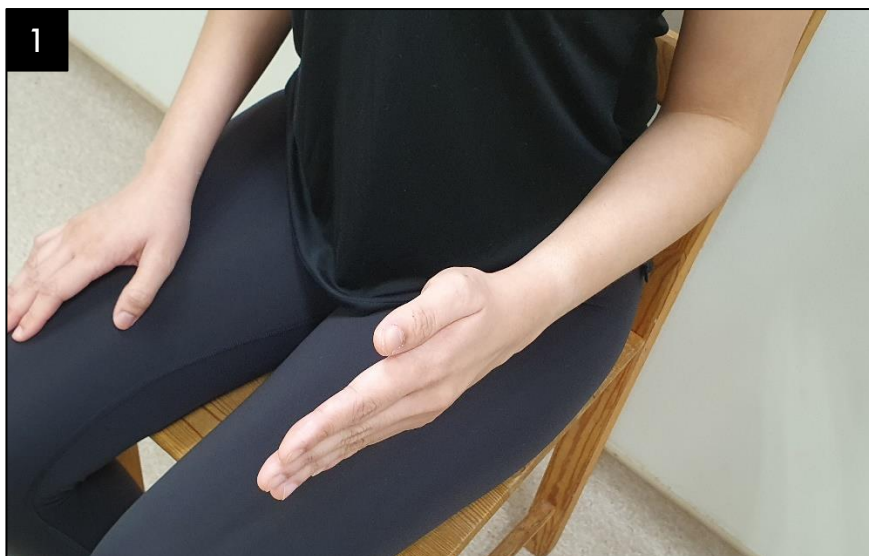
1. Sit / Stand with your feet shoulder-width apart.
2. Place your hand palm-down on top of a towel on a table.
3. Move the towel as far as possible in all directions to wipe the table surface.

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## 3A. Forearm Pronation Static Strengthening

Position: Sitting

Type: Strengthening



1. Sit with your arm (*affected side*) close to the side of your body and bend your elbow to 90 degrees.



2. Place your hand (*unaffected side*) on top of your forearm (*affected side*), close to your wrist.



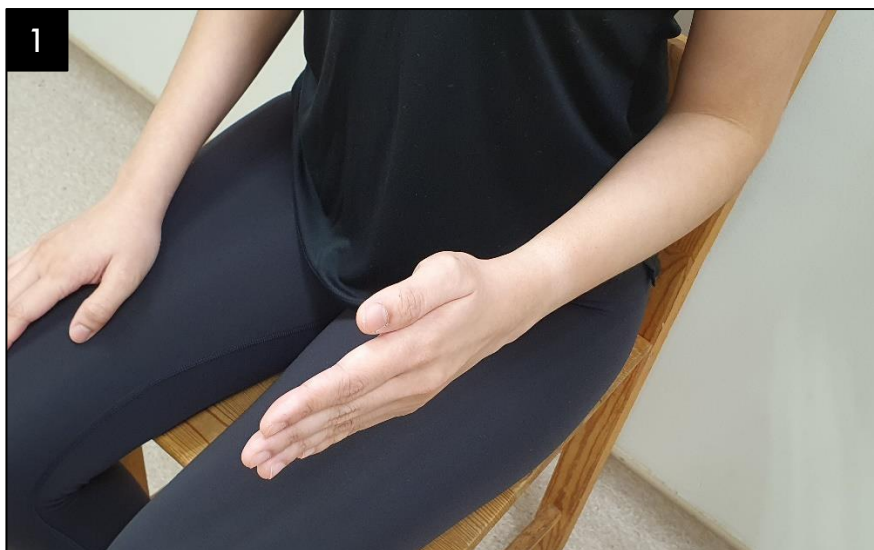
3. Use your hand (*unaffected side*) to provide a gentle resistive force while you attempt to rotate your forearm (*affected side*) towards your body as though you are turning your palm down.
4. Hold this position for 3-5 seconds.

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## 3B. Forearm Supination Static Strengthening

Position: Sitting

Type: Strengthening



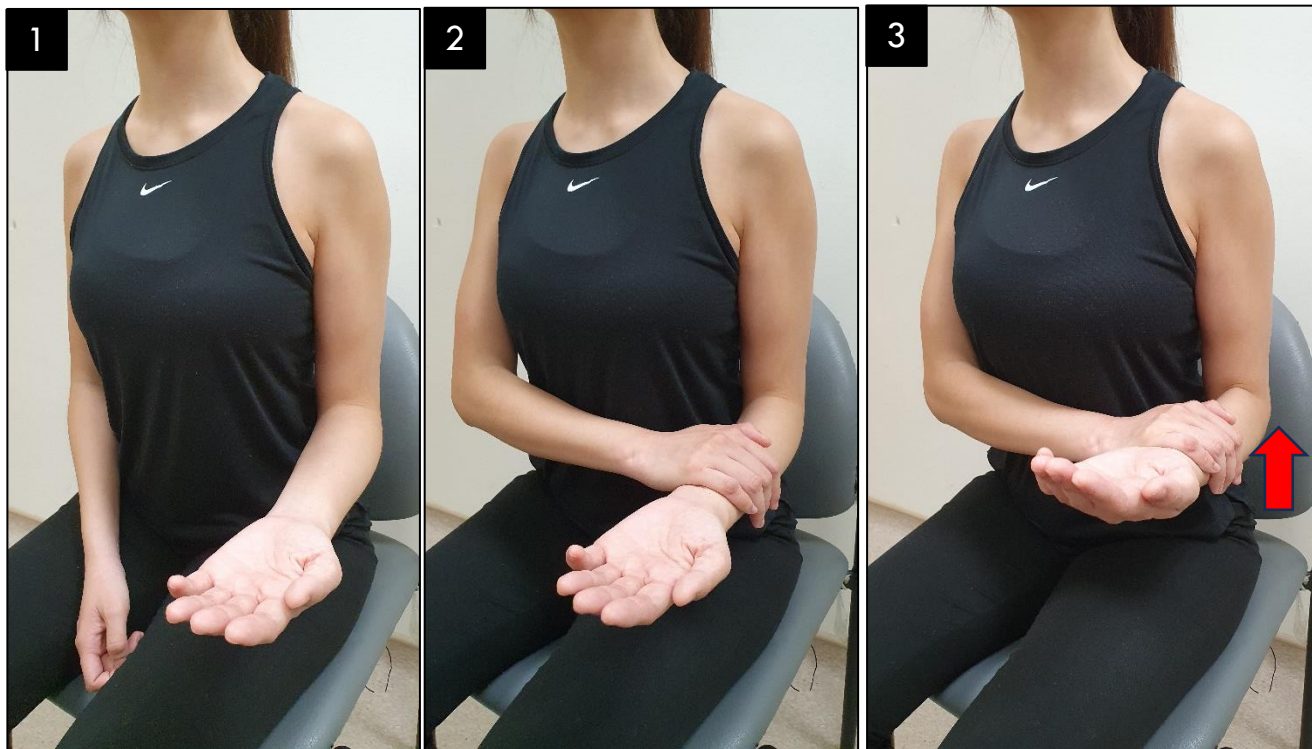
1. Sit with your arm close to the side of your body and bend your elbow to 90 degrees.
2. Place your hand (*unaffected side*) on the bottom of your forearm (*affected side*), close to your wrist.
3. Use your hand (*unaffected side*) to provide a gentle resistive force while you attempt to rotate your forearm (*affected side*) away from your body as though you are turning your palm up.
4. Hold this position for 3-5 seconds.

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### 3C. Biceps Static Strengthening

Position: Sitting / Standing

Type: Strengthening



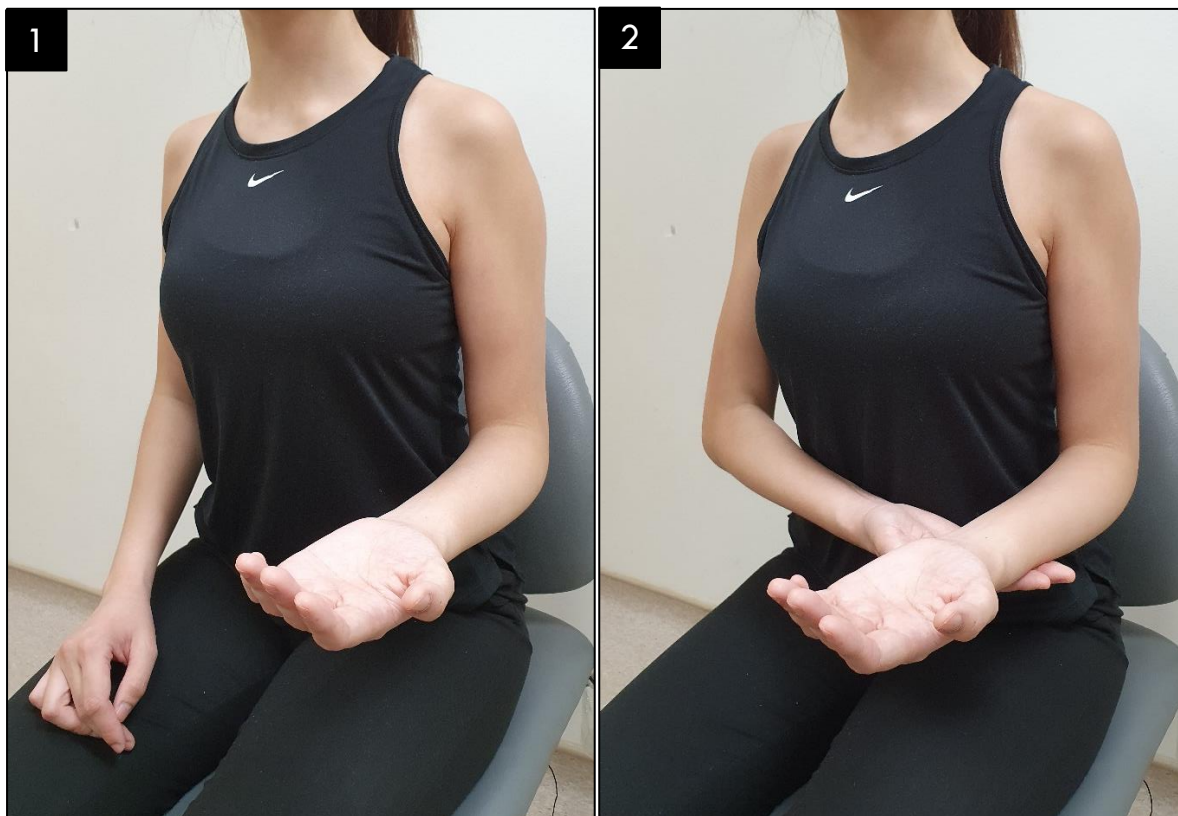
1. Start in a seated or standing position.
2. Keep your arm (*affected side*) at the side of your body with your elbow bent at a 90-degree angle and your palm facing upwards.
3. Place your other hand (*unaffected side*) on top of your forearm (*affected side*).
4. Using your unaffected arm, apply a gentle downward pressure onto your forearm (*affected side*). Push back with your affected side while maintaining the starting position.
5. Hold this position for 5 seconds.

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### 3D. Triceps Static Strengthening

Position: Sitting / Standing

Type: Strengthening



1. Start in a seated or standing position.
2. Keep your arm (*affected side*) at the side of your body, with your elbow bent at a 90-degree angle and your palm facing upwards.
3. Place your other hand (*unaffected side*) below your forearm (*affected side*).
4. Using your unaffected arm, apply a gentle upward pressure onto your forearm (*affected side*). Push back with your affected side while maintaining the starting position.
5. Hold this position for 5 seconds.

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