

## Standard Protocol Exercises Week 4

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.

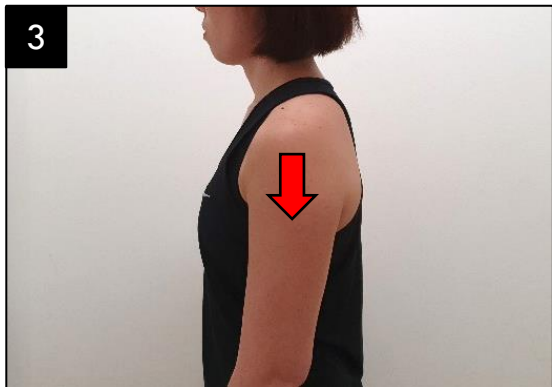
Category	Exercises That May Be Prescribed
1. Shoulder blade exercises	<ul style="list-style-type: none"> <li>A. <a href="#">Shoulder shrug (circles)</a></li> <li>B. <a href="#">Scapula squeeze</a></li> </ul>
2. Neck stretches & strengthening exercises	<ul style="list-style-type: none"> <li>A. <a href="#">Upper trapezius stretch</a></li> <li>B. <a href="#">Levator scapulae stretch</a></li> <li>C. <a href="#">Deep neck flexor strengthening (chin tuck)</a></li> </ul>
3. Shoulder pendulum exercises	<ul style="list-style-type: none"> <li>A. <a href="#">Shoulder pendulum – forward / backward</a></li> <li>B. <a href="#">Shoulder pendulum – side to side</a></li> <li>C. <a href="#">Shoulder pendulum – circles</a></li> </ul>
4. Shoulder <b>passive</b> range of motion exercises in two directions (up to 90 degrees)	<ul style="list-style-type: none"> <li>A. <a href="#">Shoulder flexion to 90 degrees with cradle (lying)</a></li> <li>B. <a href="#">Shoulder flexion to 90 degrees with cradle (sitting)</a></li> <li>C. <a href="#">Shoulder abduction to 90 degrees with cradle (lying)</a></li> <li>D. <a href="#">Shoulder abduction to 90 degrees with cradle (sitting)</a></li> </ul>

<p>5. <u>Passive / Active</u> range of motion exercises for the rest of the arm (elbow, forearm, wrist &amp; fingers)</p>	<p>Passive movement:</p> <ul style="list-style-type: none"> <li>A. <a href="#">Elbow flexion</a></li> <li>B. <a href="#">Elbow extension</a></li> <li>C. <a href="#">Forearm pronation</a></li> <li>D. <a href="#">Forearm supination</a></li> <li>E. <a href="#">Wrist flexion / extension</a></li> <li>F. <a href="#">Fingers composite flexion / extension</a></li> </ul> <p>Active movement:</p> <ul style="list-style-type: none"> <li>G. <a href="#">Elbow flexion / extension</a></li> <li>H. <a href="#">Forearm pronation</a></li> <li>I. <a href="#">Forearm supination</a></li> <li>J. <a href="#">Wrist flexion/extension</a></li> <li>K. <a href="#">Fingers composite flexion / extension – finger pumping</a></li> </ul>
<p>6. Gentle strengthening exercises for wrist and fingers</p>	<p>A. <a href="#">Gentle putty / soft sponge / stress ball / rolled up towel grip</a></p>
<p>7. [NEW!] Shoulder <u>passive</u> range of motion exercises: external rotation to neutral</p>	<p>A. <a href="#">Shoulder external rotation to neutral</a></p>

## 1A. Shoulder Shrug (Circles)

Position: Sitting / Standing

Type: Active Movement



### *Circular Motion*

1. Start in a relaxed position in sitting / standing.
2. Raise both shoulders towards your ears.
3. Bring your shoulders upwards then backwards, squeezing the muscles between your shoulder blades.
4. Bring your shoulders down, away from your ears.
5. Bring your shoulders forwards to the starting position, allowing the muscles between your shoulder blades to slowly relax.
6. Repeat these steps to move your shoulders in a circular manner.

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## 1B. Scapula Squeeze

Position: Sitting / Standing

Type: Strengthening



1. Sit / Stand with your back straight.



2. Squeeze your shoulder blades together in an inwards and downwards direction.

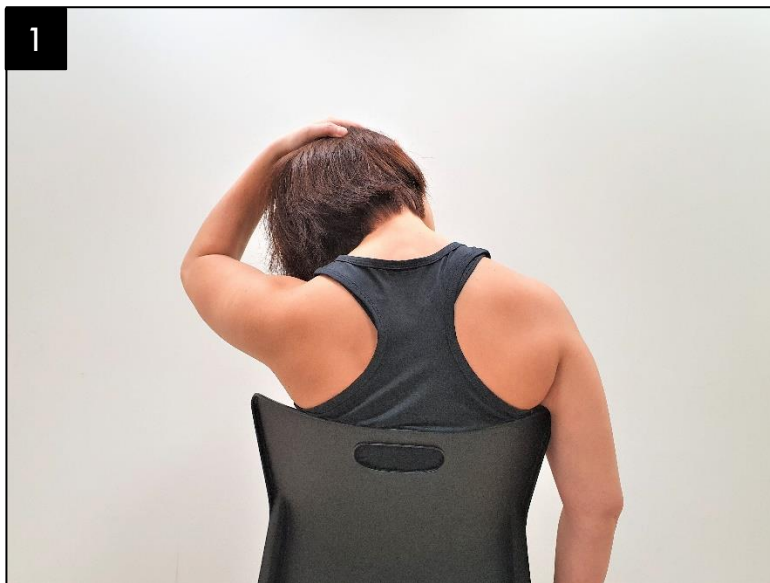
3. Hold for 10 seconds.

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## 2A. Upper Trapezius Stretch

Position: Sitting / Standing

Type: Stretch



1. In a sitting / standing position, tilt your head to your unaffected side to bring your ear closer to your shoulder.



2. In this position, turn your neck to look up to the ceiling.
3. Place your hand (*unaffected side*) on top of your head and gently pull your head downward.
4. Hold for 10 seconds.

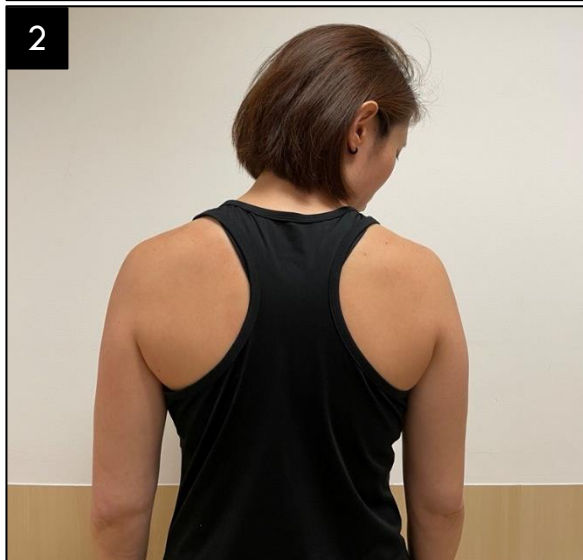
Note: You should feel a stretch along the side of your neck, and at the top of your shoulder on the affected side.

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## 2B. Levator Scapulae Stretch

Position: Sitting / Standing

Type: Stretch



1. In a sitting / standing position, turn your head 45 degrees to your unaffected side and look downwards.

2. Place your hand (*unaffected side*) on top of your head, and gently pull your head downwards.

3. Hold for 10 seconds.

Note: You should feel a stretch along your neck and shoulder of the affected side.

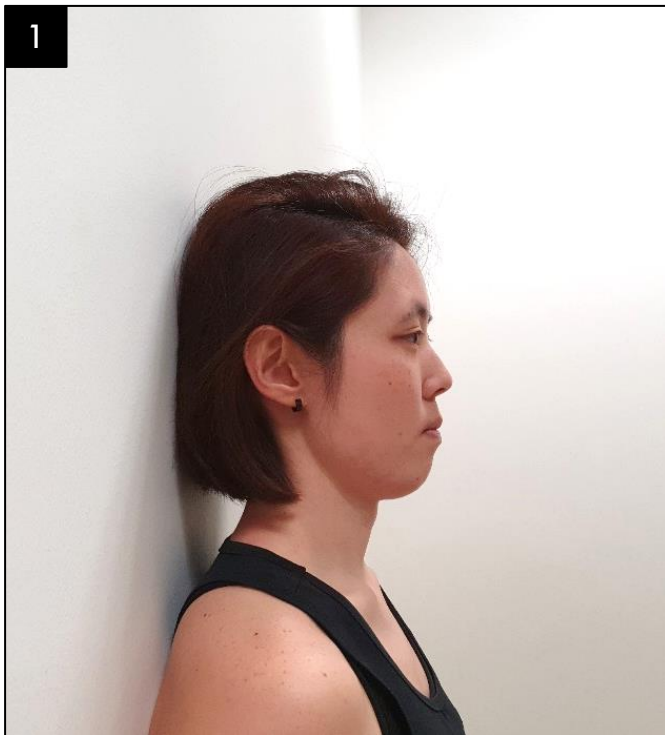
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## 2C. Deep Neck Flexor Strengthening (Chin Tuck)

Position: Standing

Type: Strengthening



1. Stand with your head and back against a wall.



2. Bring your chin inwards towards the wall, as if performing a gentle nod.
3. Hold for 10 seconds.

Note: Keep your jaw relaxed and keep the back of your head against the wall throughout the movement.

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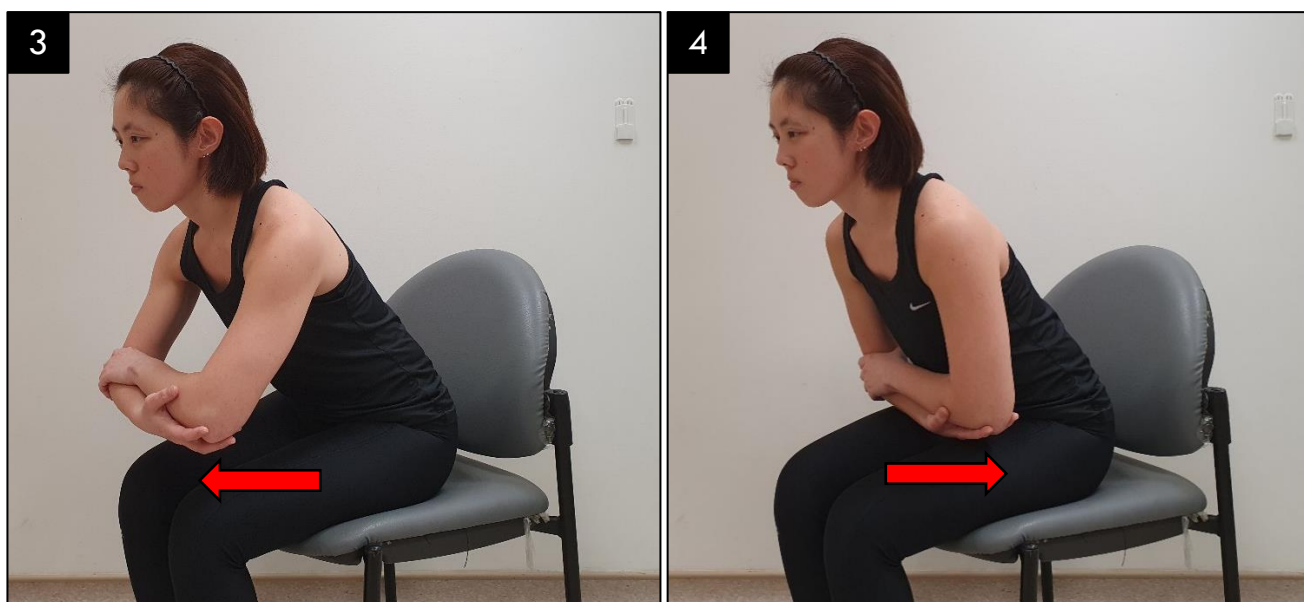
### 3A. Shoulder Pendulum – Forward / Backward

Position: Sitting / Standing

Type: Passive Movement



1. In a sitting / standing position, use your other hand (*unaffected side*) to hold and support your affected arm from the elbow to the wrist.
2. Lean slightly forward, allowing your affected arm to relax while providing support with your unaffected arm.



3. Use your unaffected arm to gently move your affected arm in a forward and backward motion.

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## 3B. Shoulder Pendulum – Side to Side

Position: Sitting / Standing

Type: Passive Movement



1. In a sitting / standing position, use your other hand (*unaffected side*) to hold and support your affected arm from the elbow to the wrist.
2. Lean slightly forward, allowing your affected arm to relax while providing support with your unaffected arm.
3. Use your unaffected arm to gently move your affected arm from side to side.

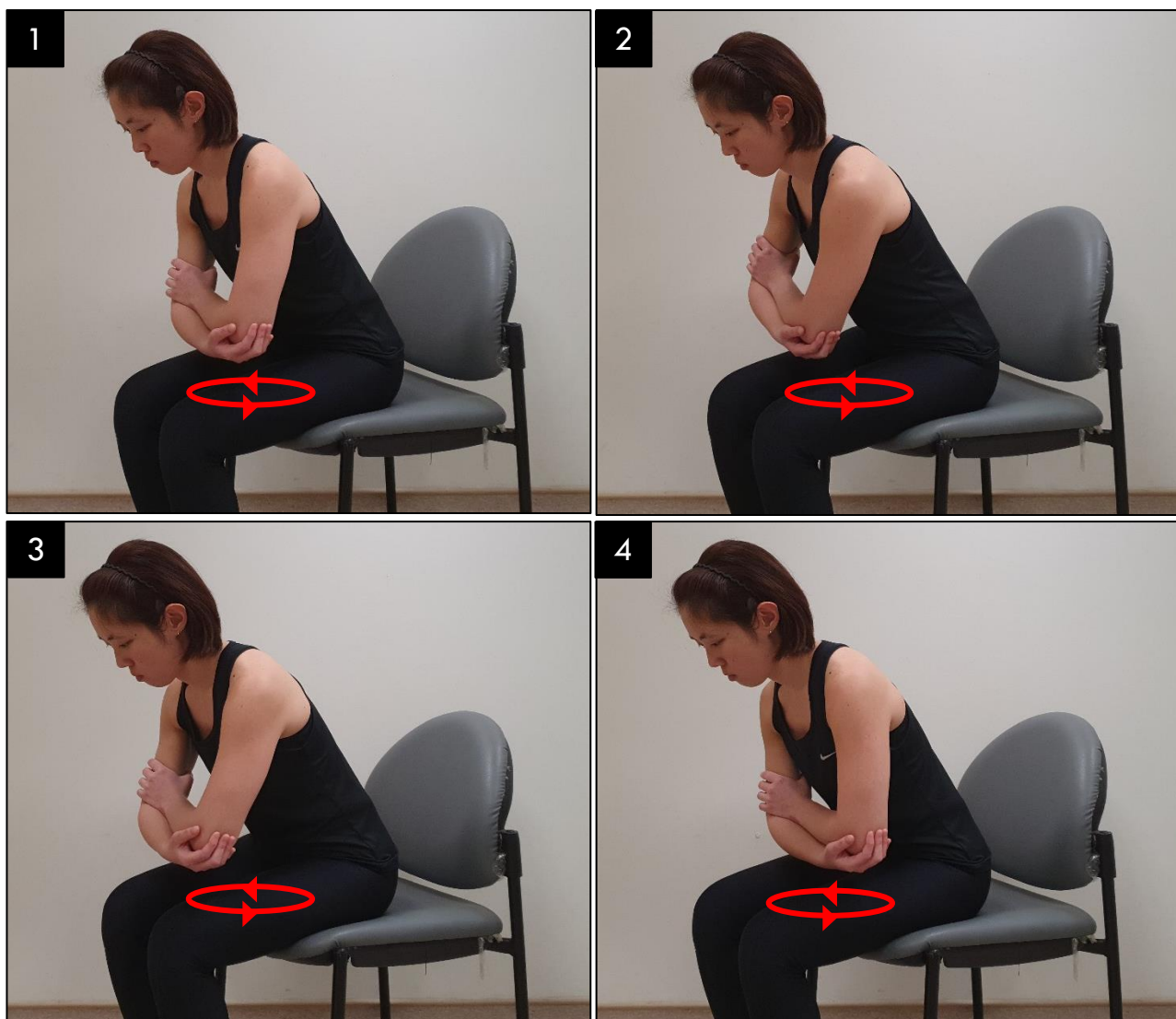


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### 3C. Shoulder Pendulum – Circles

Position: Sitting / Standing

Type: Passive Movement



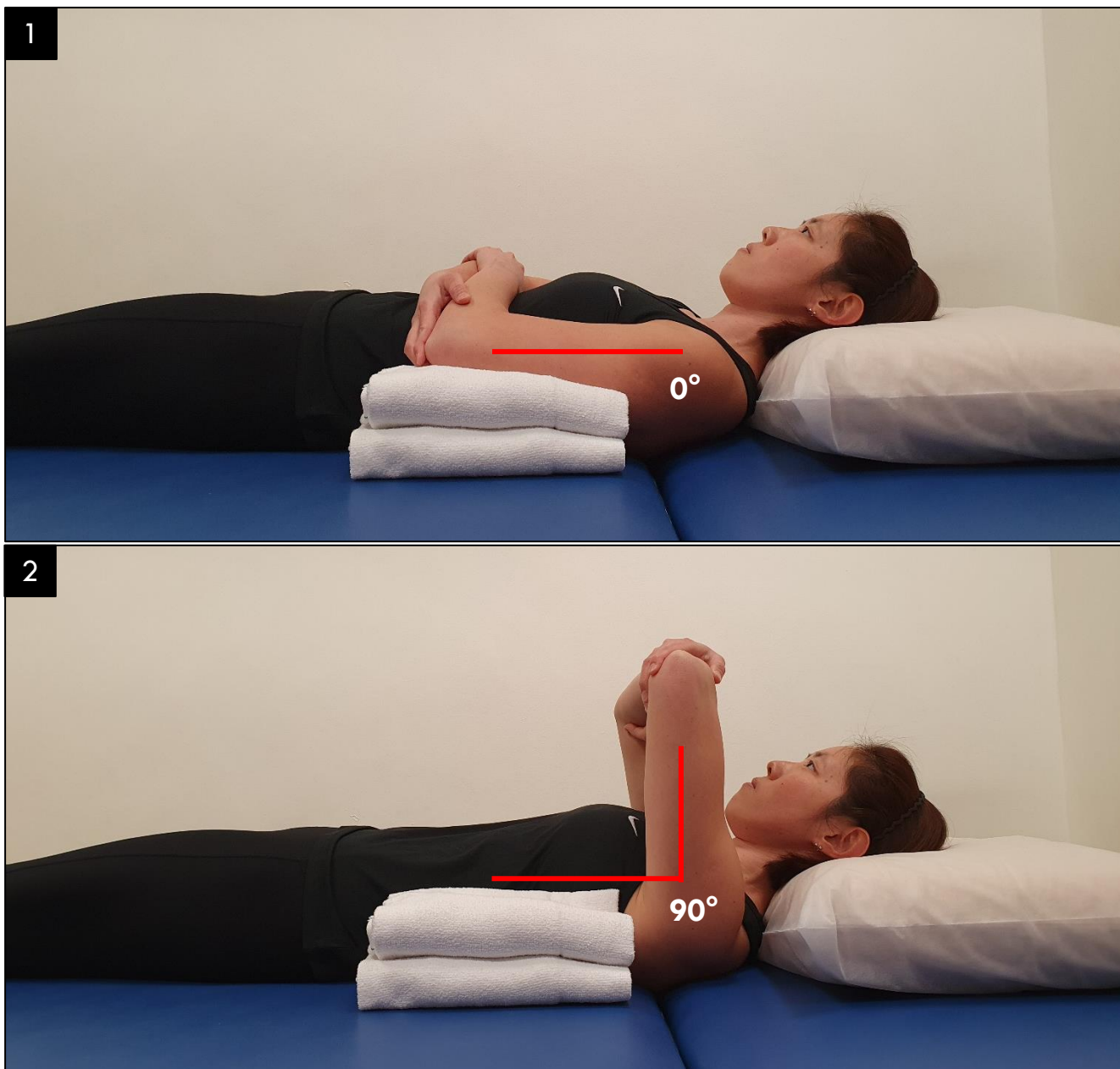
1. In a sitting / standing position, use your other hand (*unaffected side*) to hold and support your affected arm from the elbow to the wrist.
2. Lean slightly forward, allowing your affected arm to relax while providing support with your unaffected arm.
3. Use your unaffected side to gently move your affected arm in a circular motion.

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## 4A. Shoulder Flexion to 90 Degrees with Cradle (Lying)

Position: Lying

Type: Passive Movement



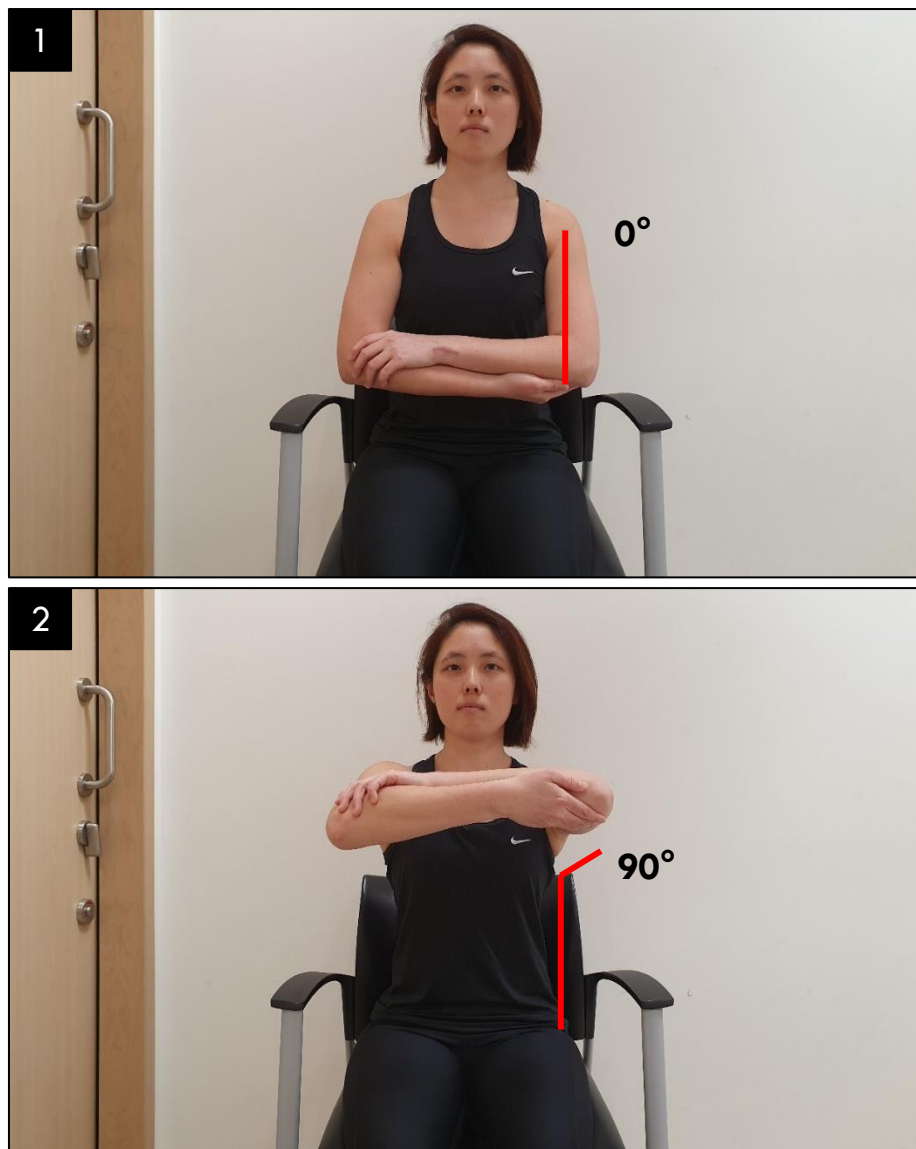
1. Lie on your back with your elbow (*affected side*) bent and forearm resting on your body.
2. Use your other hand (*unaffected side*) to hold your forearm and lift it up slowly, as much as you can tolerate, up to shoulder level (90 degrees).
3. Slowly lower your forearm down to the starting position.

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## 4B. Shoulder Flexion to 90 Degrees with Cradle (Sitting)

Position: Sitting / Standing

Type: Passive Movement



1. Sit / Stand with your elbow (*affected side*) bent at 90 degrees and forearm resting against your body.
2. Use your other hand (*unaffected side*) to hold and support your forearm and lift it up slowly, as much as you can tolerate, up to shoulder level (90 degrees).
3. Slowly lower your forearm down to the starting position.

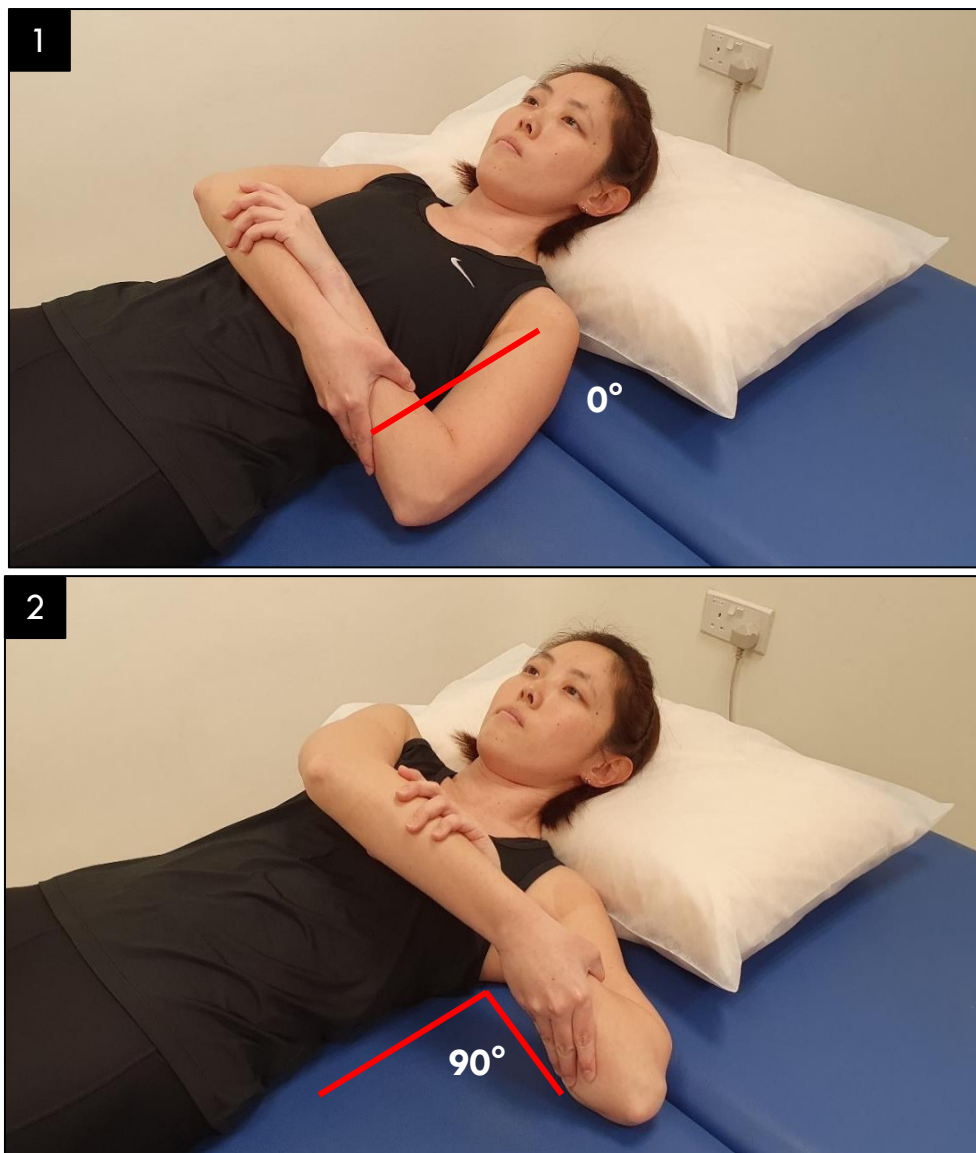
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## 4C. Shoulder Abduction to 90 Degrees with Cradle (Lying)

Position: Lying

Type: Passive Movement



1. Lie on your back with your elbow (*affected side*) bent at 90 degrees and forearm resting on your body.
2. Use your other hand (*unaffected side*) to hold and support your forearm and move your elbow slowly up and out to the side, as much as you can tolerate, up to shoulder level (90 degrees).
3. Slowly lower your forearm down to the starting position.

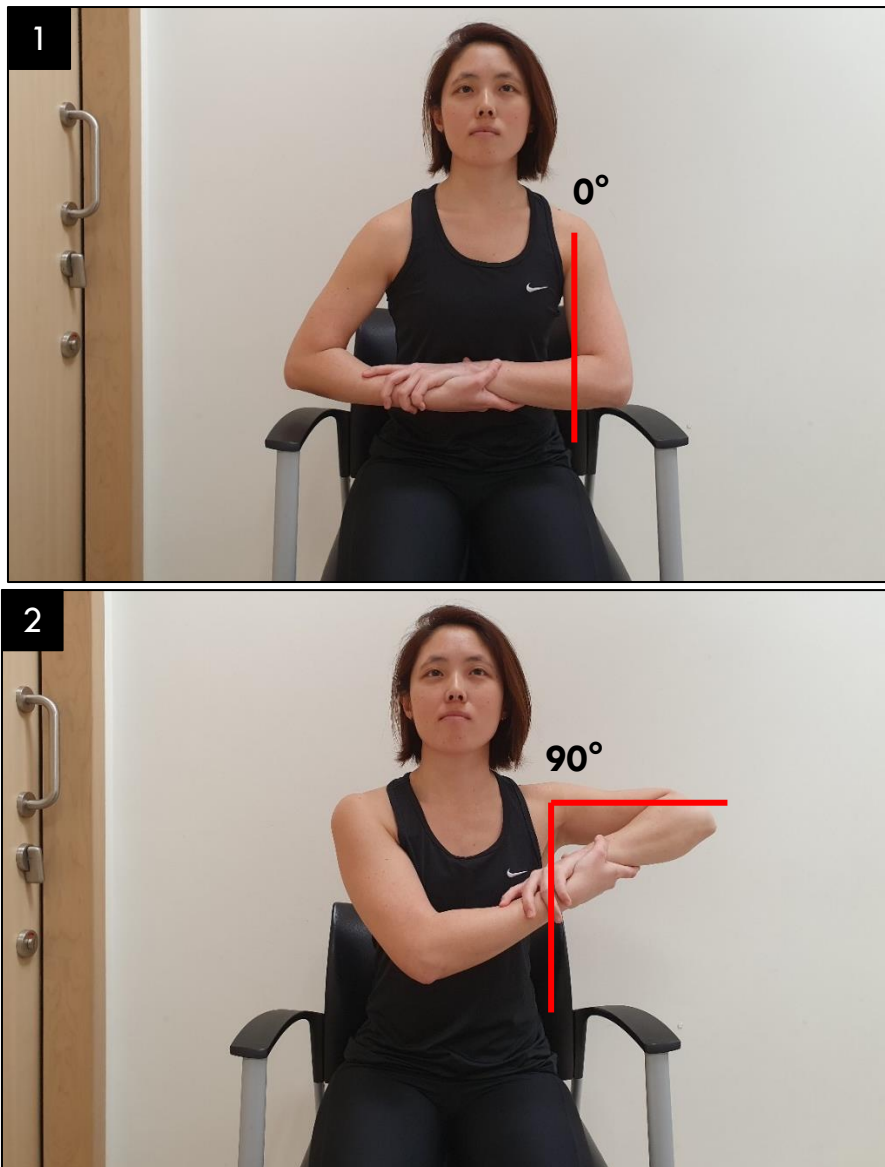
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## 4D. Shoulder Abduction to 90 Degrees with Cradle (Sitting)

Position: Sitting / Standing

Type: Passive Movement



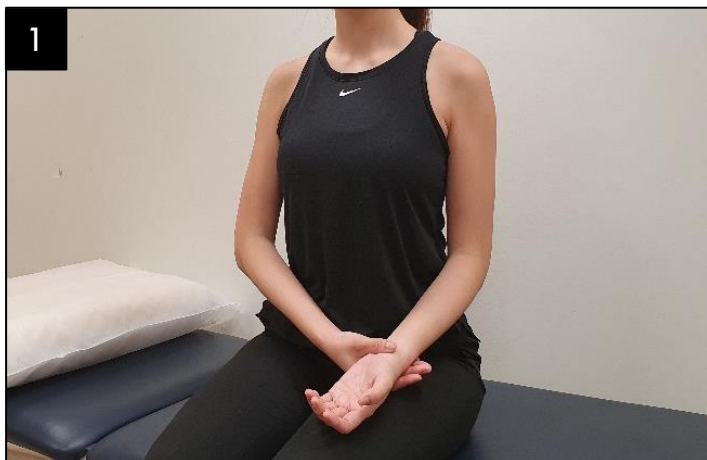
1. Sit / Stand with your elbow (*affected side*) bent at 90 degrees and forearm resting against your body.
2. Use your other hand (*unaffected side*) to hold and support your forearm and lift it slowly up sideways, as much as you can tolerate, up to shoulder level (90 degrees).
3. Slowly lower your forearm down to the starting position.

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## 5A. Elbow Flexion

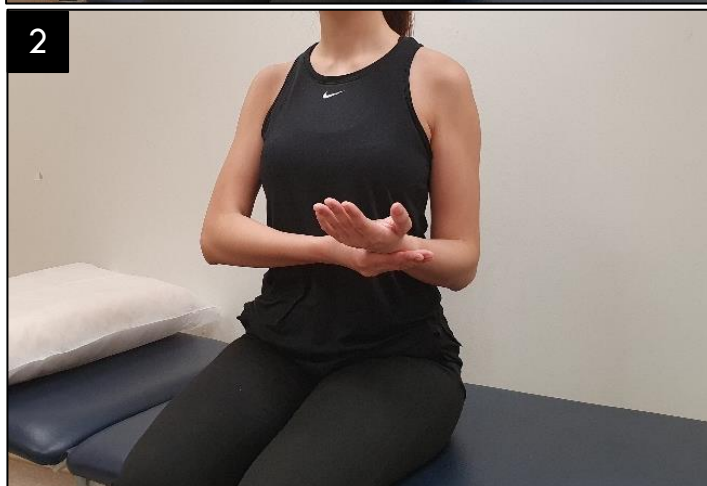
Position: Sitting / Standing

Type: Passive Movement



1. In a sitting / standing position, keep your arm (*affected side*) by the side of your body.

2. Hold onto the wrist of the affected arm with your other hand (*unaffected side*).



3. Use your other hand (*unaffected side*) to help bend your elbow (*affected side*) towards your chest until you feel a stretch.

4. Hold this position for 5-10 seconds.



5. Slowly return to the starting position

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## 5B. Elbow Extension

Position: Sitting / Standing

Type: Passive Movement



1. In a sitting / standing position, lean against a stable surface (e.g., wall or backrest of a chair).
2. Place a folded towel behind your elbow (*affected side*).
3. Use your other hand (*unaffected side*) to apply pressure at the forearm (*affected side*) to push your elbow into a straightened position.
4. Hold this position for 5-10 seconds.
5. Slowly return to the starting position.

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## 5C. Forearm Pronation

Position: Sitting / Standing

Type: Passive Movement



1. In a sitting / standing position, bend your elbow to 90 degrees and hold your arm close to the side of your body.
2. Hold onto your forearm near the wrist joint (*affected side*) with your other hand.
3. Use your hand (*unaffected side*) to rotate your forearm to turn your palm (*affected side*) facing downward while keeping your arm close to your body.
4. Hold this position for 5-10 seconds.
5. Slowly return to the starting position.

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## 5D. Forearm Supination

Position: Sitting / Standing

Type: Passive Movement



1. In a sitting / standing position, bend your elbow to 90 degrees and hold your arm close to the side of your body.



2. Hold onto the forearm (*affected side*) near the wrist joint with your other hand.



3. Use your hand (*unaffected side*) to rotate your forearm to turn your palm (*affected side*) to face upward, keeping your arm close to your body.
4. Hold this position for 5-10 seconds.
5. Slowly return to the starting position.

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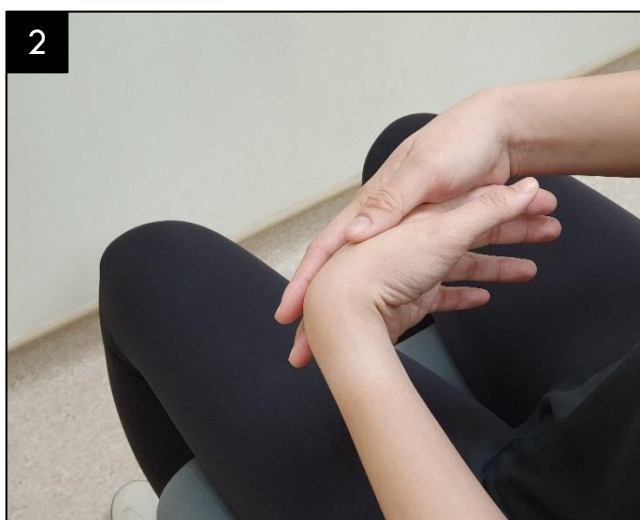
## 5E. Wrist Flexion / Extension

Position: Sitting / Standing

Type: Passive Movement

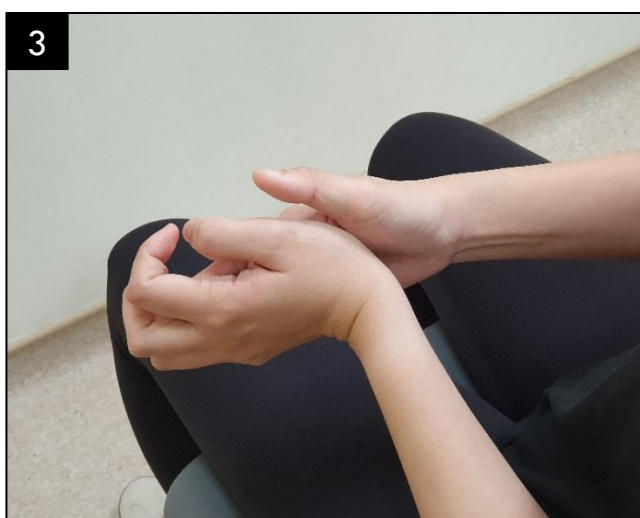


1. In a sitting / standing position, start with your elbow (*affected side*) bent.
2. Keep your wrist and fingers relaxed.



### Wrist flexion

3. Use your other hand (*unaffected side*) to gently stretch your wrist (*affected side*) forward.
4. Hold this position for 5-10 seconds.
5. Slowly return to the starting position.



### Wrist extension

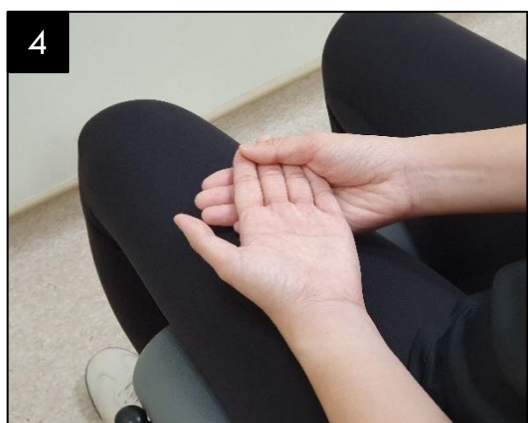
3. Use your other *hand* (*unaffected side*) to gently stretch your wrist (*affected side*) backward.
4. Hold this position for 5-10 seconds.
5. Slowly return to the starting position.

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## 5F. Fingers Composite Flexion / Extension

Position: Sitting / Standing

Type: Passive Movement



### Fingers flexion

1. In a sitting / standing position, start with your fingers (*affected side*) relaxed.
2. Use your other hand (*unaffected side*) to bend the fingers towards your palm till they form a fist.
3. Hold this position for 5-10 seconds.
4. Slowly return to the starting position.

### Fingers extension

1. In a sitting / standing position, start with your fingers (*affected side*) relaxed.
2. Use your other hand (*unaffected side*) to pull your fingers backward to straighten them.
3. Hold this position for 5-10 seconds.
4. Slowly return to the starting position.

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## 5G. Elbow Flexion / Extension

Position: Sitting / Standing

Type: Active Movement



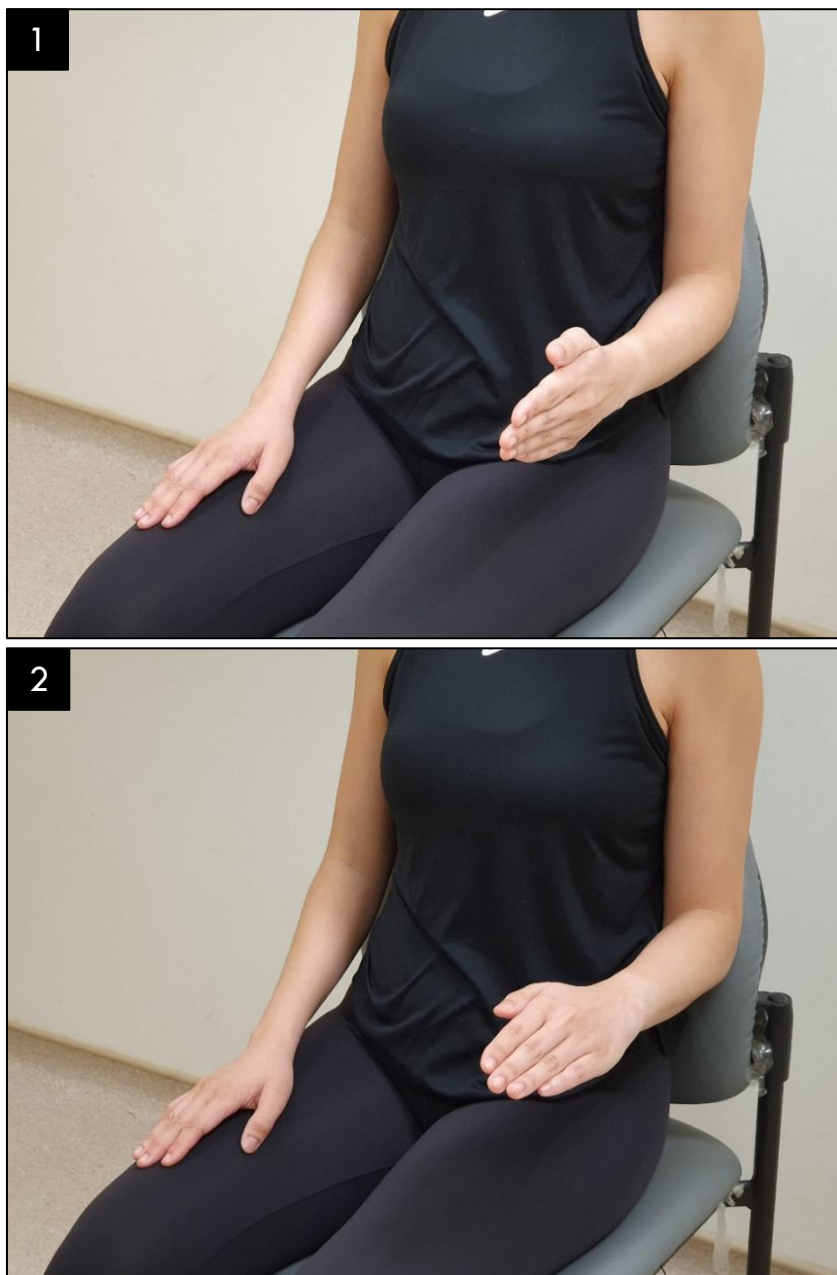
1. In a sitting / standing position, lean against a stable surface (e.g., wall or backrest of a chair).
2. Place a folded towel behind your arm (*affected side*) and the stable surface.
3. Bend your elbow towards your chest. Ensure that the towel stays in place.
4. Straighten your elbow.
5. Hold each position for 3-5 seconds.

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## 5H. Forearm Pronation

Position: Sitting / Standing

Type: Active Movement



1. In a sitting / standing position, bend your elbow to 90 degrees and hold your arm (*affected side*) close to the side of your body.
2. Rotate your forearm to turn your palm facing downward while keeping your arm close to your body.
3. Hold this position for 3-5 seconds.
4. Slowly return to the starting position.

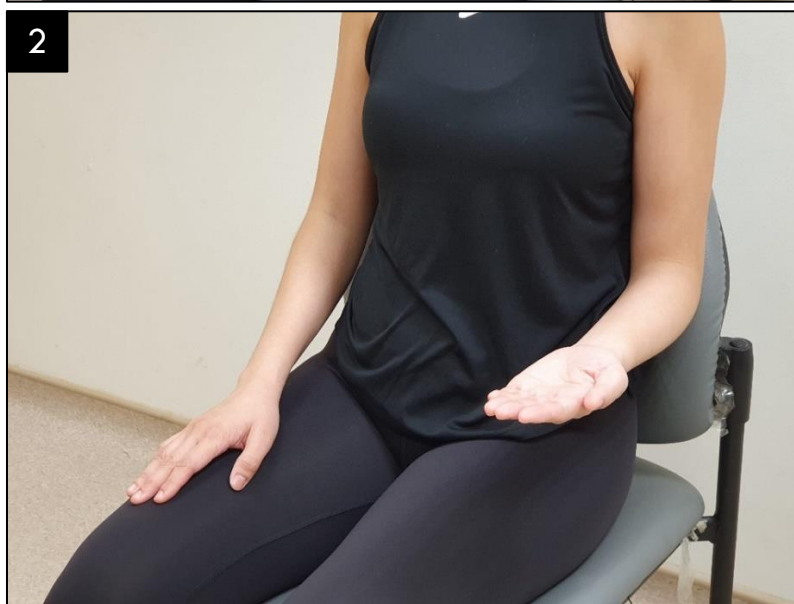
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## 5I. Forearm Supination

Position: Sitting / Standing

Type: Active Movement



1. In a sitting / standing position, bend your elbow to 90 degrees and hold your arm (*affected side*) close to the side of your body.
2. Rotate your forearm to turn your palm to face upward while keeping your arm close to your body.
3. Hold this position for 3-5 seconds.
4. Slowly return to the starting position.

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## 5J. Wrist Flexion / Extension

Position: Sitting / Standing

Type: Active Movement

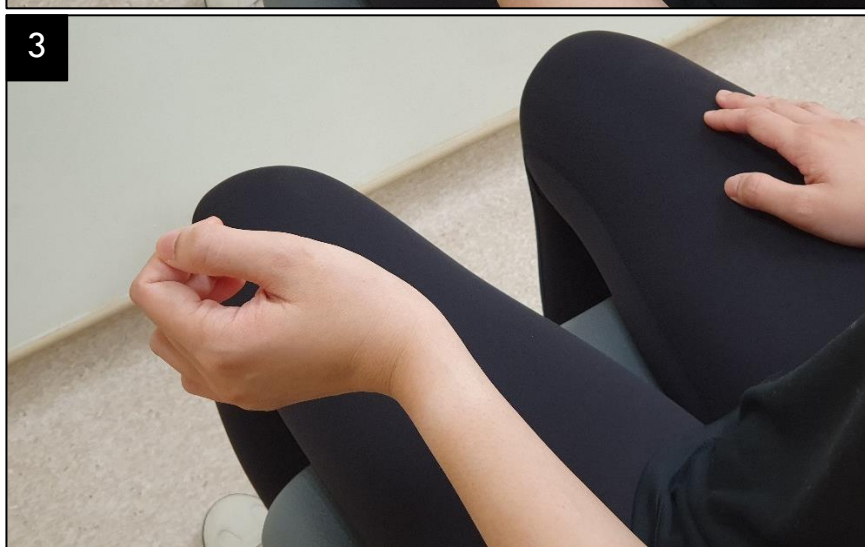


In a sitting / standing position, bend your elbow to 90 degrees and hold your arm (*affected side*) close to the side of your body.



### Wrist flexion

1. Bend your wrist forward with your fingers relaxed.
2. Hold this position for 3-5 seconds.
3. Slowly return to the starting position.



### Wrist extension

1. Bend your wrist backward with your fingers relaxed.
2. Hold this position for 3-5 seconds.
3. Slowly return to the starting position.

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## 5K. Fingers Composite Flexion / Extension – Finger Pumping

Position: Sitting / Standing

Type: Active Movement



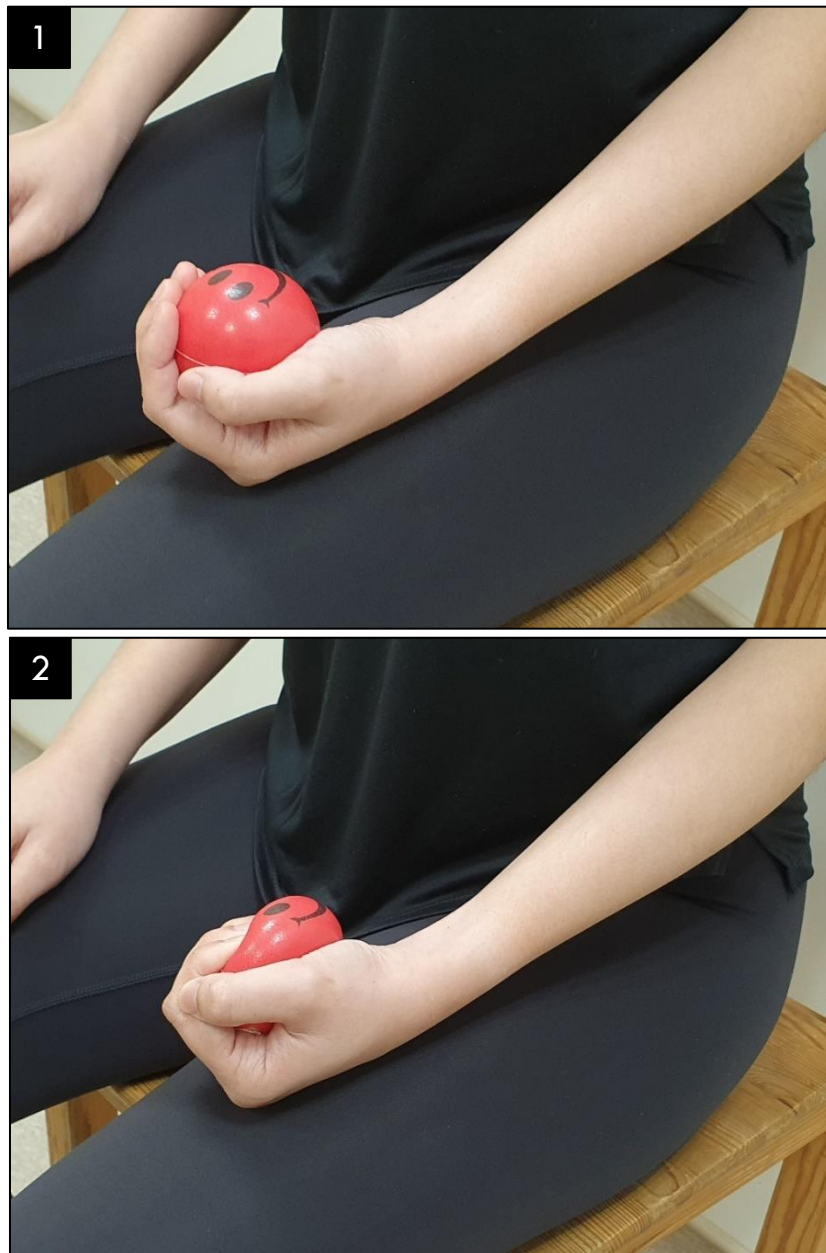
1. In a sitting / standing position, make a fist by bending all your fingers as much as possible.
2. Hold this position for 3-5 seconds.
3. Open your fingers slowly to return to the starting position.

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## 6A. Gentle Putty / Soft Sponge / Stress Ball / Rolled Up Towel Grip

Position: Sitting / Standing

Type: Strengthening



1. In a sitting / standing position, place a soft sponge, stress ball or a rolled-up towel in your hand (*affected side*).
2. Grip the selected object and hold that position for 3-5 seconds.
3. Relax your grip slowly.

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## 7A. Shoulder External Rotation to Neutral

Position: Sitting / Standing

Type: Passive Movement



1. Sit / Stand next to a wall with your elbow (*affected side*) bent to 90 degrees and forearm resting across your body.
2. Keeping your elbow against the side of your body, use your other hand (*unaffected side*) to support at the wrist and move your forearm away from your body until it touches the wall.
3. Slowly bring your forearm back to the starting position.

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