

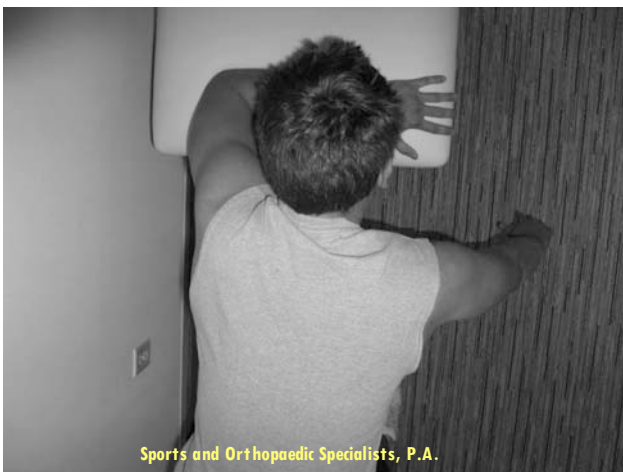


WAND EXERCISES (AAROM)

1. Pendulum Exercises

Bend forward at the waist, (back parallel to ground is ideal). Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause minimal pain. Motions: Front to Back, Side to Side, Clockwise Circles, Counterclockwise Circles

**Perform _____ repetitions
_____ times per day.**

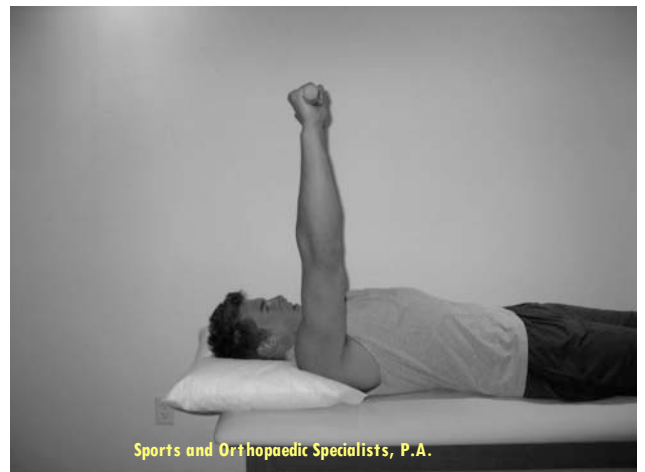
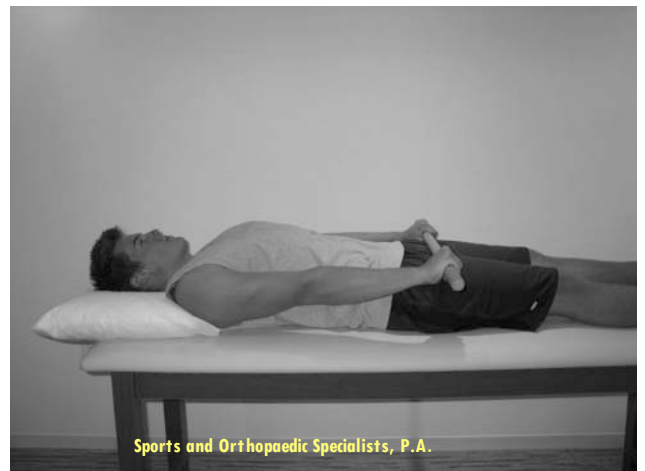


2. Flexion in Supine

Slowly raise arm overhead, keeping elbows straight.

Hold _____ seconds.

**Perform _____ repetitions
_____ times per day.**





WAND EXERCISES (AAROM)

3. Flexion In Standing

Keep “lower” elbow straight throughout each repetition.

Slowly push affected arm up.

Hold _____ seconds.

Perform _____ repetitions
_____ times per day.



4. Extension

Keep “lower” elbow straight throughout each repetition..

Slowly push affected arm back.

Hold _____ seconds.

Perform _____ repetitions
_____ times per day.





WAND EXERCISES (AAROM)

5. Abduction

Keep elbow straight.
Slowly push affected arm up.

___ leading with thumb
or ___ palm facing down.

Hold ___ seconds.

Perform ___ repetitions

___ times per day.



6. Internal Rotation

Hold wand behind you.
Slowly raise hands up then
slowly return to starting
position.

Hold ___ seconds.

Perform ___ repetitions

___ times per day.





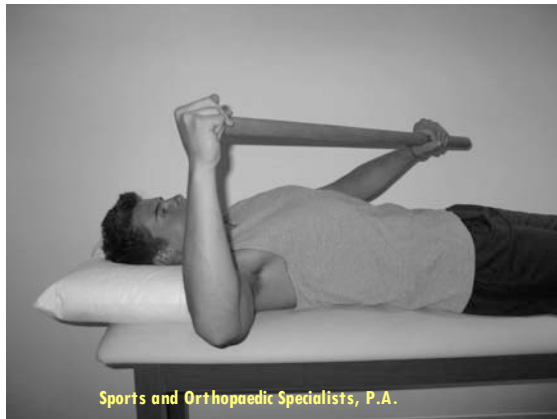
WAND EXERCISES (AAROM)

7. External Rotation

Place towel roll under elbow.
Keep elbow bent 90°.
Slowly push hand toward floor.

Hold ____ seconds.

Perform ____ repetitions
____ times per day.





WAND EXERCISES (AAROM)

8. Adduction

Holding on to the end of the wand with the right hand, right elbow slightly flexed, left hand is on the mid shaft on the wand and pulls right shoulder across the body (for exercising an involved right shoulder, reverse hands for an involved left shoulder).

Hold ____ seconds.

**Perform ____ repetitions
____ times per day.**

