

## Home Exercise Program for Gentle Shoulder Rehabilitation

Often a single therapy session can be helpful to teach patients how to do these exercises. For patients exercising at home, Dr. Chalmers recommends heat before exercises and ice afterwards. Most patients using a home exercise program should perform their exercises 3-4 times per day, performing three sets of ten repetitions for each exercise.

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### Pendulums

This shoulder exercise can be helpful to reduce pain and gently increase flexibility in the shoulder. While standing or sitting, bend forward at the waist and allow the arm to hang loosely. Then softly rotate the arm clockwise and counterclockwise like a pendulum.



### Jackins' Exercises

These exercises are most useful for those that have difficulty raising their arm. Begin lying down on your back. Raise the hurt arm while keeping the elbow straight, using the good arm to help. Keep going until the hand is pointed towards the ceiling. Remove the good hand while holding the arm in this position. Once this is easy, keep raising the arm until it is in line with your head. Repeat. Once this is easy, perform the exercise without any help from the good arm. Once this is easy, perform the exercise with a small weight in the hand. Once this is easy, perform the exercise, repeat while sitting in a partially-reclined position and repeat the steps above. Once this is easy, perform the exercise while standing straight up, again repeating the steps above.

