

Shoulder Exercises – Range of Motion & Band

5 beginner exercises · cane and a light band

Patient name: _____ Date: _____ Shoulder: ☐ Left ☐ Right

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 2 sets of 10 reps, 1 time(s) per day (day / week)

Pendulum: 30 sec each direction **Band color:** _____ **Hold:** 3–5 sec

How: Move slowly and with control, only in a comfortable range. Breathe normally, don't hold your breath. Mild stretch or muscle tiredness is OK; pain is not.



1 Pendulum · Relaxed arm circles

☐ Assigned

1. Lean forward with your good hand on a sturdy table.
2. Let your sore arm **hang straight down**, fully relaxed.
3. Gently sway your body so the arm swings in small circles, 30 sec each way.

Key cue: Let your body move the arm. The shoulder stays relaxed.



2 Cane Raise (Lying Down) · Assisted overhead reach

☐ Assigned

1. Lie on your back, knees bent, holding a cane with both hands.
2. Keep elbows straight. Lift the cane **up and overhead**, letting the good arm help.
3. Hold 3–5 sec, then lower slowly.

Key cue: Go only as far as comfortable. Keep your low back flat.

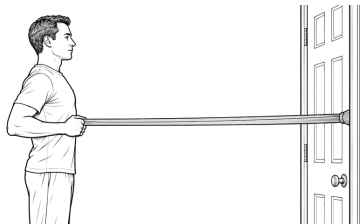


3 Shoulder Blade Squeeze · Posture muscles

☐ Assigned

1. Sit or stand tall, arms relaxed, elbows bent.
2. Squeeze your shoulder blades **together and down**.
3. Hold 3–5 sec, then relax.

Key cue: Don't shrug or arch your back.

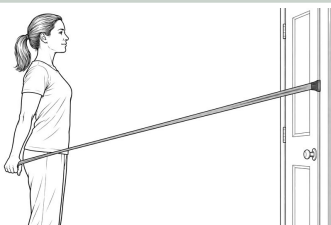


4 Band Rows · Pull elbows back

☐ Assigned

1. Anchor the band in a closed door at chest height. Hold one end in each hand.
2. Pull your elbows **straight back**, squeezing your shoulder blades.
3. Hold 3–5 sec, then return slowly.

Key cue: Shoulders down, chest up. Don't lean back.



5 Band Shoulder Extension · Straight arm back

☐ Assigned

1. Anchor the band in a closed door at chest height, in front of you.
2. Keep your elbow straight. Pull your arm **down and back** to your hip.
3. Hold 3–5 sec, then return slowly.

Key cue: Stand tall. Don't bend the elbow or lean forward.



Safety: Stop if you feel sharp pain, numbness, or pain that lasts more than an hour after exercise, and call your therapist. Anchor the band in a closed door that opens away from you, and check the band for tears.

Notes from your therapist:

