



# SHOULDER ROM EXERCISES

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Digital Version



## PENDULAR EXERCISES FOR SHOULDER



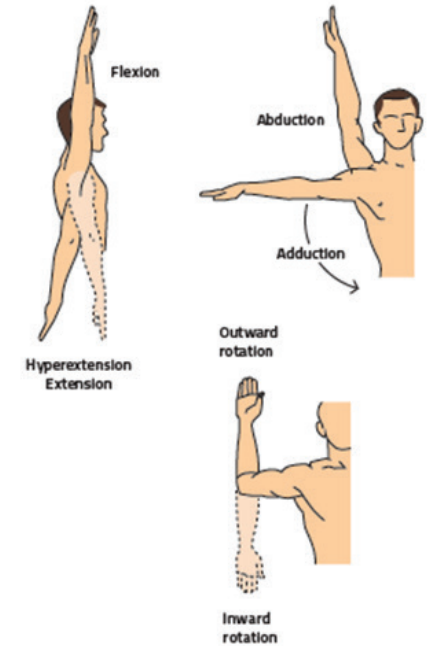
- Slightly bend forward with your hands hanging down
- Now gently move your hands front and back.
- After the first cycle repeat the exercise with moving side to side, clockwise circles and counterclockwise circles
- Perform for \_\_\_\_\_ and repetitions \_\_\_ times per day.

### SHOULDER FLEXION - EXTENSION

- Take the arm upwards and downwards
- Perform for \_\_\_\_\_ and repetitions \_\_\_ times per day

### SHOULDER ABDUCTION-ADDUCTION

- Take the arm sideways upwards and downwards
- Perform for \_\_\_\_\_ and repetitions \_\_\_\_\_ times per day



All Exercises should be done as per the prescribed dosage and frequency for maximum benefit

**Caution: You should stop exercise immediately if pain increases/persists. Consult a physiotherapist**



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

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