

Lean forward and support your unaffected arm on a table or chair.
Let the affected arm hang loosely toward the floor.
Gently swing the arm forward and backward.



Then swing it gently side to side.
You can also make small circles with your arm.
Keep the movement relaxed—let your body movement create the swing rather than actively lifting the arm.



Sit or stand facing a table with both hands resting on the surface.
Slowly slide the affected arm forward along the table.



Lean your body forward gently as your
arm slides farther away.
Continue until you feel a comfortable
stretch in the shoulder.
Hold for 5-10 seconds, then slowly
return to the starting position.



Stand facing a wall, with your affected arm close to the wall.
Place your fingertips on the wall at about waist or shoulder height.
Slowly “walk” your fingers upward, allowing your arm to move overhead.



For flexion, walk your fingers straight up in front of you.
For abduction, turn slightly and walk your fingers upward out to the side.
Go as high as comfortable until you feel a gentle stretch.
Hold for 5–10 seconds, then slowly walk your fingers back down.





Sit or stand with your affected arm bent at 90°, keeping your elbow close to your side.

Hold a stick, cane, or towel with both hands.

Use your unaffected arm to gently push the affected hand outward.



Allow the affected shoulder to rotate outward until you feel a comfortable stretch.

Keep your elbow tucked against your body and avoid forcing the movement.

Hold for 5–10 seconds, then slowly return to the starting position.

Sit or stand upright with your shoulders relaxed.

Raise your affected arm and gently bring it across your chest.

Use your opposite hand to gently support the arm above the elbow.

Pull the arm slightly closer toward your chest until you feel a comfortable stretch in the back of the shoulder.

Hold for 15–30 seconds, then slowly release.





Sit or stand upright with your shoulders relaxed.
Slowly move your affected arm forward and upward as far as comfortable.
Lower the arm slowly back to the starting position.



Repeat by gently moving the arm out to the side, staying within your comfortable range.
You can also perform gentle shoulder rotations with the elbow kept close to your body.
Perform each movement slowly and with control.

Sit or stand upright with your shoulders relaxed.

Slowly lift your affected arm forward as far as comfortable.

Slowly lower your arm back down.



Gently move your arm out to the side, staying within your comfortable range.

Return to the starting position and relax.

Repeat the movements slowly and with control.



Sit or stand upright with your shoulders relaxed.
Slowly move the affected arm forward, out to the side, or rotate it gently.

Move only within a comfortable, pain-free range—do not force the movement.

Slowly return to the starting position.





Sit or stand upright with your shoulders relaxed.
Slowly lift or move the affected arm in a comfortable direction.

Move only within your pain-free range.
Slowly return to the starting position.
Repeat 8–10 times, as tolerated.

