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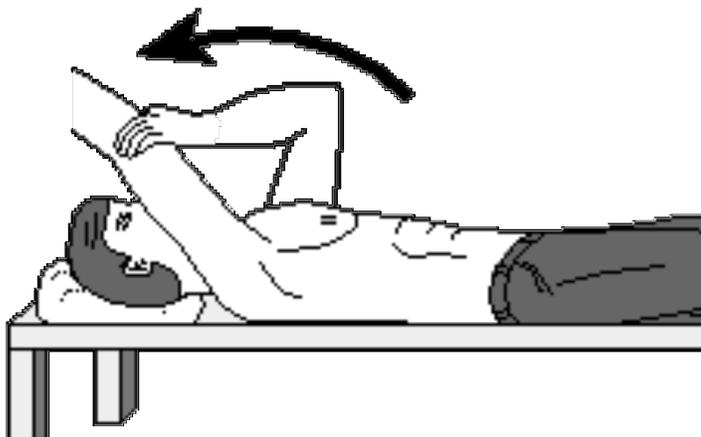


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Supine Passive ROM

Three to 5 times each day you should perform supine passive forward elevation and external rotation (outward turning) exercises with the operative arm. Both exercises should be done with the non-operative arm used as the "therapist arm" while the operative arm remains completely relaxed. Ten of each exercise should be done three to five times each day.



deeply while the arm is moved. Repeat this stretch ten times, trying to help the arm up a little higher each time.

Overhead reach is helping to lift your stiff arm up as high as it will go. To stretch your overhead reach, lie flat on your back, relax, and grasp the wrist of the tight shoulder with your opposite hand. Using the power in your opposite arm, bring the stiff arm up as far as it is comfortable. Start holding it for ten seconds and then work up to where you can hold it for a count of 30. Breathe slowly and

External rotation is turning the arm out to the side while your elbow stays close to your body. External rotation is best stretched while you are lying on your back. Hold a cane, yardstick, broom handle, or dowel in both hands. Bend both elbows to a right angle. Use steady, gentle force from your normal arm to rotate the hand of the stiff shoulder out away from your body. Continue the rotation as far as it will go comfortably, holding it there for a count of 10. Repeat this exercise ten times.

