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Dr. Chad Myeroff's Rehabilitation Protocol

Shoulder Range of Motion Diagram

# Shoulder Range of Motion

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Squeeze your shoulder blades together as if pinching a towel between them

## Types of Motion

**Passive:** An outside force moves your arm for you entirely  
\*relax the shoulder like a wet noodle

**Active assist:** Using the power of your injured arm with the assistance of your uninjured arm or an outside force

**Active:** Using the power of only your injured arm



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