

Shoulder Range of Motion

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Supine forward elevation with wand



External rotation with wand



Internal rotation



Rhomboid Isometrics and Posture
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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