

**Passive Shoulder External Rotation**

Place a towel roll under your elbow. Rotate shoulder back using the cane and your uninvolved arm. Keep your elbow bent at 90 degrees.

Ask your therapist how far you should go.

**Repeat** 15 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

**Pulley scaption**

Sitting underneath the pulley and hang onto the handles. bring arms out to a 45 degree angle and use the non affected arm to pull the affected arm up. Lower back down and repeat for 2 minutes.

**Duration** 3 Minutes  
**Complete** 1 Set  
**Perform** 3 Times a Day

**PULLEY ABDUCTION**

Using door pulleys and facing away from the door, slowly pull down with your unaffected arm so that your affected arm raises up and to the side without effort.

Your affected arm should be relaxed. The unaffected arm does the work.

Video # XVNDMTD5R

**Hold** 10 Seconds  
**Perform** 3 Times a Day