

SHOULDER RANGE OF MOTION EXERCISES

These exercises are designed to improve joint motion in stiff or sore shoulders. Start slowly. Try to make small gradual increases in the range of motion each day. Don't go so far that the shoulder becomes more painful. Do each exercise for about one minute three or four times each day.

Exercise 1: Make circles in a clockwise and then counter-clockwise direction.

Exercise 2: This one is performed lying down.

Exercises 4 and 5: Require a broomstick.

