

## Shoulder Exercises

### Shoulder Warm-Up Exercises

- Sawing
- Cradle Rocks
- Shoulder Shrugs/Retractions
- Pendulum Exercises

### Self Joint Mobilization

- Anterior Lateral Distraction
- Posterior Lateral Distraction
- Anterior Glide
- Posterior Glide
- Inferior Glide

### Active Assistive Range of Motion Exercises

- Overhead Flexion
- Side to Side - Horizontal Abduction
- Shoulder Circles - Circumduction
- Shoulder Rotation with Elbows Parallel
- Shoulder Rotation with Arm at the Side
- Shoulder External Rotation - Post Glide
- L or T-bar External Rotation
- Cane Twists
- Stick Assisted Abduction
- Stick Hyperextension
- Apley Scratch Test Stretching
  - Ext- IR-Add
  - Flex-ER-Abd

