

PASSIVE RANGE OF MOTION ABOVE A "PILLOW"

- Do These SLOWLY
- Low or no pain
- Do not use your own muscles (the motion is done by someone else)

Passive range of motion means someone will need to help you move your arm.

You are not to use your shoulder muscles to gain the motion.

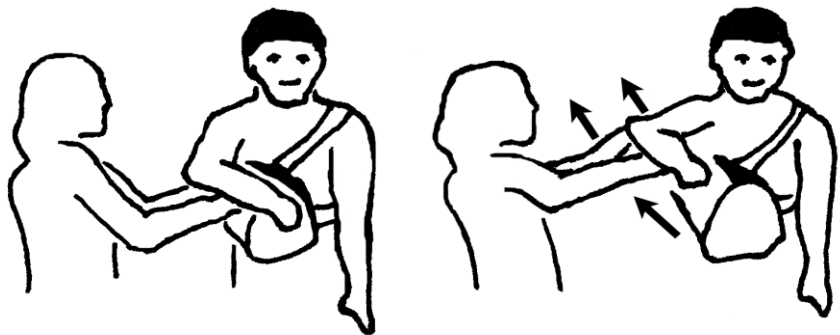
Remember to just relax while someone does the work for you.

All exercises must be done with the pillow on.

Perform these exercises with assistance, 10-15 repetitions, 3 times daily.

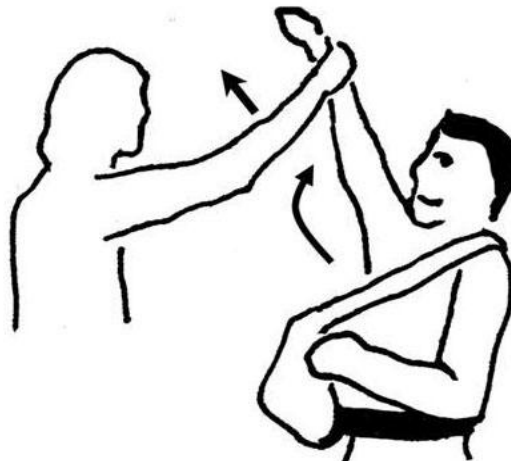
1. Abduction: Do these SLOWLY

Have someone lift your arm out to the side, in a fashion similar to flapping a wing.



2. Flexion: Do these SLOWLY

Have someone lift your arm out in front of you.



3. External Rotation: Do these SLOWLY

Keep your elbow on the pillow while someone gently lifts your forearm away from your body. Your arm will rotate away from your body.

