AAROM (Wand) Exercises

1. Pendulum Exercises

Bend forward at the waist, (back parallel to ground is ideal). Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause minimal pain. Motions: Front to Back, Side to Side, Clockwise Circles, Counterclockwise Circles

Perform _____ repetitions _____ times per day.

2. Flexion in Supine

Slowly raise arm overhead, keeping elbows straight.

Hold _____ seconds.

Perform _____ repetitions _____ times per day.
3. Flexion In Standing

Keep elbow straight throughout each repetition. Slowly push affected arm up.

Hold _____ seconds.

Perform _____ repetitions _____ times per day.

4. Extension

Keep elbow straight throughout each repetition. Slowly push affected arm back.

Hold _____ seconds.

Perform _____ repetitions _____ times per day.
5. Abduction

Keep elbow straight. Slowly push affected arm up. _____ leading with thumb or _____ palm facing down.

Hold _____ seconds.

Perform _____ repetitions_____ times per day.

6. Internal Rotation
Hold wand behind you. Slowly raise hands up then slowly return to starting position.

Hold ____ seconds.

Perform _____ repetitions_____ times per day.

7. External Rotation

Place towel roll under elbow. Keep elbow bent 90°. Slowly push hand toward floor.

Hold ____ seconds.

Perform _____ repetitions _____ times per day.
8. **Adduction**

Holding on to the end of the wand with the right hand, right elbow slightly flexed, left hand is on the mid shaft on the wand and pulls right shoulder across the body (for exercising an involved right shoulder, reverse hands for an involved left shoulder).

Hold _____ seconds.

Perform _____ repetitions _____ times per day.