Self-Ranging Exercises for the Post-Stroke Left Shoulder

Developed by the Northeastern Ontario Stroke Network

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This exercise package was designed to assist in properly carrying out self-ranging exercises for the post-stroke left shoulder. Selected exercises from this resource are to be provided by a regulated health professional, who has experience and knowledge of the client and who can best determine the appropriate exercises. The authors, contributors and supporting institutions shall not be liable for any damages, claims, liabilities, costs or obligations arising from the use or misuse of Self-Ranging Exercises for the Post-Stroke Left Shoulder. If you have any concerns while performing any of these exercises, STOP the exercises and consult your health care provider.
Before Getting Started...

Gentle movement of the limb(s) is an important exercise for the stroke survivor if they are not able to move the limb(s) themselves.

**Why is this important?**
- To prevent stiffness
- To increase awareness of your arm
- To prevent stiffness by providing movement to the joints and gentle stretching of muscles of the arm

**Pain and damage** to muscles and joints can occur if the gentle limb movement is **not** done correctly.

**Key points to know:**
- Keep the movements slow
- Hold the end position as you were taught
- **Do not** force the movement into pain
- Remember to **breathe** and let the muscles relax

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Self-Ranging Exercises

for the Post-Stroke Left Shoulder

Stretch for Left Anterior Shoulder –
Rolling stretch for the front of the left shoulder

- Lie on your back with your knees bent
- Hold your hands together and raise your hands up above your stomach with your arms as straight as possible
- Roll to your left side and let your left arm rest on the bed with your left palm facing up
- Keep your left arm flat on the bed as you roll onto your back
- Stay in this position for ________ seconds
- Then roll back to your side
- Repeat ________ times

Remember:
Make sure your shoulder is not caught underneath you.
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Stretch for External Rotation –
Turning stretch for front of the left shoulder

- Lie on your back with your knees bent
- Hold your hands together and raise your hands up above your stomach with your arms as straight as possible
- Roll to your left side and let your left arm rest on the bed, bend your left elbow and rest your arm on the bed or on a pillow if it cannot rest flat
- Keep your left arm bent resting on the bed or pillow as you roll onto your back
- Stay in this position for _________ seconds
- Then roll back to your side
- Repeat _________ times

Remember:
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Left Shoulder Flexion – Lifting your arms up

- Lie on your back
- Hold your hands together and raise your hands up above your stomach with your arms as straight as possible
- Bring your arms above your face and stop
- Hold for ________ seconds
- Repeat ________ times

Remember:
Do not force the movement if you have pain.
Left Shoulder Flexion – Sitting and stretching left shoulder forward

- Sit with your left arm resting on a table
- Hold your left wrist with your right hand, so that your left thumb is pointing upward
- Slide your arms forward on the table
- Hold for ________ seconds
- Sit up and slide your arms back
- Repeat ________ times

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Left Anterior Shoulder Stretch -
Sitting and stretching the front of the left shoulder

- Sit with your left arm resting on a table
- Turn your head and look over your left shoulder
- Come back to the middle and face forward
- Turn your head and look over your right shoulder
- Hold for ________ seconds
- Repeat ________ times

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Left Shoulder Abduction/Adduction – Sitting and rocking the arms

- Support your left elbow and forearm with your right hand and forearm
- You should be sitting with your arms cradled
- Lean forward slightly so that your arms are not resting on your body
- Rock your arms to the left and hold for ________ seconds
- Rock your arms to the right and hold for ________ seconds
- Repeat ________ times

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Left Shoulder Flexion – Sitting and lifting arms

- Support your left elbow and forearm with your right hand and forearm
- You should be sitting with your arms cradled
- Your arms can rest on your body
- Lift your arms forward and up toward shoulder height
- Hold for _________ seconds
- Then bring your arms back down
- Repeat _________ times

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