Self-Ranging Exercises
for the Post-Stroke
Right 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 right 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 Right 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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Stretch for Right Anterior Shoulder - Rolling stretch for the front of the right 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 right side and let your right arm rest on the bed with your right palm facing up
- Keep your right 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
Stretch for External Rotation –
Turning stretch for front of the right 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 right side and let your right arm rest on the bed, bend your right elbow and rest your arm on the bed or on a pillow if it cannot rest flat
- Keep your right 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:
Make sure your shoulder is not caught underneath you.
Right 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.

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Right Shoulder Flexion –
Sitting and stretching right shoulder forward

- Sit with your right arm resting on a table
- Hold your right wrist with your left hand, so that your right thumb is pointing upward
- Slide your arms forward on the table
- Hold for ________ seconds
- Sit up and slide your arms back
- Repeat ________ times
Right Anterior Shoulder Stretch –
Sitting and stretching the front of the right shoulder

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

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Right Shoulder Abduction/Adduction – Sitting and rocking the arms

- Support your right elbow and forearm with your left 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
Right Shoulder Flexion – Sitting and lifting arms

- Support your right elbow and forearm with your left 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