Pendulums

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Sets: 3

Reps: 30 seconds

Perform: x per day

Scapular Retraction

Draw your shoulder blades back as if you were trying to squeeze them together.

Sets: 3

Reps: 10

Perform: 2x per day

Shrugs

Raise your shoulders upward towards your ears as shown. Keep your chin in a neutral position or slightly tucked throughout the exercise.

Sets: 3

Reps: 10

Perform: 2x per day

Isometric Shoulder 6-way

Gently press your affected arm in different directions as shown with about 2 lbs of pressure. You may press into a wall or 2 fingers from your other hand.

Repeat: 10 times

Hold: 6 seconds

Perform: 2x per day