### Supine Shoulder External Rotation with Dowel

**Setup**
- Begin lying on your back holding a dowel in both hands with your affected arm bent at 90 degrees and elbow tucked by your side.

**Movement**
- Using your other arm and dowel to guide the movement, slowly rotate your forearm outward, keeping your elbow tucked. Bring it back to the starting position and repeat.

**Tip**
- Make sure to keep your elbow bent and resting on the floor throughout the movement.
- Try not arch your back as you move your arm.

### Supine Shoulder External Rotation in 45 Degrees Abduction AAROM with Dowel

**Setup**
- Begin lying on your back holding a dowel in both hands, with your involved arm out to your side at 45 degree angle and your elbow bent at 90 degrees, holding the end of the dowel.

**Movement**
- Rotate your involved arm down toward the floor then bring it back to the starting position and repeat. You should be using your uninvolved arm to create the movement with the dowel.

**Tip**
- Make sure to keep your elbow bent throughout the movement, and keep your back flat on the floor.

### Supine Shoulder Flexion Extension AAROM with Dowel

**Setup**
- Begin lying on your back. Use a dowel to assist one arm into a vertical position.

**Movement**
- Use the dowel to move your arm up and down in a vertical direction.

**Tip**
- Make sure to allow your supportive arm to guide the motion with the dowel. Do not move through pain or arch your back.

### Supine Shoulder External Rotation in Scaption AAROM

**Setup**
- Begin laying on your back with your involved arm on a pillow or towel and your elbow bent to 90 degrees, holding onto a dowel with both hands.

**Movement**
- Using the dowel to guide the movement, slowly rotate your involved arm toward the ground. Slowly bring it back to the starting position and repeat.

**Tip**
- Make sure to use your uninvolved arm to guide the motion.

### Supine Chest Stretch on Foam Roll

**Setup**
- Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

**Movement**
- Slowly move your arms straight out to your sides, then return to the starting position and repeat.

**Tip**
- Make sure your back is laying flat against the foam roll.

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Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.
**Thoracic Mobilization on Foam Roll**

**Setup**
- Lie on your back with a foam roller positioned horizontally across your mid back, and arms crossed in front of your body. Bend your knees so your feet are resting flat on the floor.

**Movement**
- Slowly roll back and forth over the foam roller.

**Tip**
- Do not allow your low back to arch during the exercise.

**Isometric Shoulder Flexion at Wall**

**Setup**
- Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

**Movement**
- Push your arm directly into the wall, then relax and repeat.

**Tip**
- Make sure to keep your back straight during the exercise. There should be little to no movement.

**Isometric Shoulder Extension at Wall**

**Setup**
- Begin in a standing upright position with your elbow bent 90 degrees, and a towel between the back of your arm and a wall.

**Movement**
- Push your elbow directly backward into the wall, then relax and repeat.

**Tip**
- Make sure to keep your back straight during the exercise. There should be little to no movement.

**Isometric Shoulder Abduction at Wall**

**Setup**
- Begin in a standing upright position with your elbow bent 90 degrees, with a towel between the side of your arm and a wall.

**Movement**
- Push your arm sideways into the wall, then relax and repeat.

**Tip**
- Make sure to keep your back straight during the exercise. There should be little to no movement.

**Standing Isometric Shoulder Internal Rotation at Doorway**

**Setup**
- Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

**Movement**
- Gently press your hand inward into the towel. Hold, then relax and repeat.

**Tip**
- Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.
Standing Isometric Shoulder External Rotation with Doorway

Setup
- Begin in a standing upright position to the side of a doorway with your involved arm bent and a towel between the back of your hand and the doorframe.

Movement
- Gently press your hand outward into the towel. Hold, then relax and repeat.

Tip
- Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.