

Shoulder

Purpose: Massage the structures of the shoulder, bursa, ligaments, and tendons of the rotator cuff.

Directions: Patient leans on a counter with opposite hand to brace counter top, table, or wall. Patient has a slight lean to the side to be exercised, places 1-2 pounds weight in hand and

1. Small circles clockwise for 30 seconds
2. Small circles counter clockwise for 30 seconds
3. Arm movement front to back for 30 seconds
4. Arm movement across the body side to side for 30 seconds.