

Home Exercises:



Pendulum Exercises: Do this exercise first. Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down. Swing the arm in a small circle — about a foot in diameter. Perform 10 revolutions in each direction, once a day. As your symptoms improve, increase the diameter of your swing, but never force it. When you're ready for more, increase the stretch by holding a light weight (three to five pounds) in the swinging arm.



Wall Walks: Face a wall at a 1-foot distance. Touch the wall at your waist level with fingers of your affected arm and walk the fingers up the wall like a spider crawl to the point you can comfortably raise your arm.

Another variation of this exercise is the stand sideways off the wall with your arms at side with elbows slightly flexed and then walk up the wall. You may change the angle of your arm according to your comfort. Repeat this 10 times twice a day.