

Stick arm arcs front — active assisted range of motion



Purpose

// This exercise is used to help teach stabilisation and the proper muscular recruitment of the scapula-humeral and scapula-thoracic joints. This exercise is often used to decrease the load on the shoulder girdle, whilst maintaining range of motion and strength while the area is healing.

Particularly good for

// This exercise is good for clients recovering from a shoulder injury or surgery who are unable to move their shoulder through full range of motion without pain.

Exercise

This exercise can be varied through the hand placement. All of the exercises require correct humeral head and shoulder girdle placement.

Thumb up (humeral head in external rotation)

1. Hold the stick in front of you with both hands, just wider than shoulder distance apart;
2. The hand of the injured shoulder is palm up with the thumb facing towards the end of the stick;
3. Ensure that the shoulder girdle is positioned properly before starting the exercise;
4. The uninjured side can use whatever grip is most comfortable for the person. Use this hand as the “driving force” for the stick. It will guide the movement of the injured arm in an arc motion, sweeping it out to the side;
5. Ask the person to use as much strength as they can in the injured arm, without aggravating their pain.

Thumb down (shoulder internal rotation)

1. The palm of the hand on the injured shoulder is pointing down with the thumb facing towards the opposite hand;
2. See steps 3–5 on the previous exercise.

Precautions

Depending on the type of surgery, some shoulder movements may be contra-indicated for a certain period of time. Check with the client and/or doctor prior to prescribing exercise.