



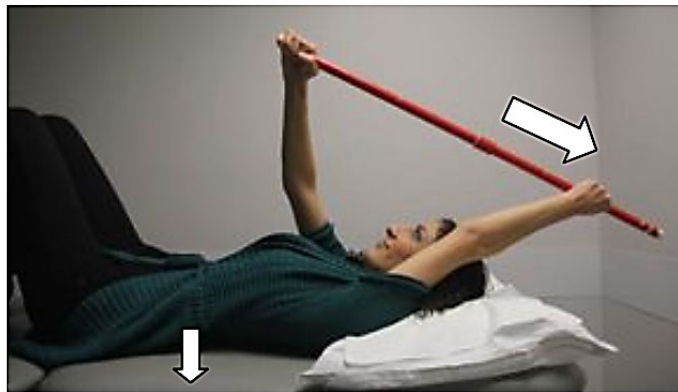
# Shoulder Dowel Exercises

---

## Phase 1

- Complete \_\_\_\_ times, \_\_\_\_ a day
  - \_\_\_\_\_ Laying on back
  - \_\_\_\_\_ Standing
- Hold each stretch for 20-30 seconds

1. Stretch affected arm straight back into flexion using the dowel. Keep your shoulders back and down.



2. Stretch affected arm out to the side using the dowel. Keep your elbow straight.



3. Place towel under elbow. Bend affected elbow to your side. Push your hand away from body using the dowel. Keep your shoulder back and down.



CC BY-NC-SA

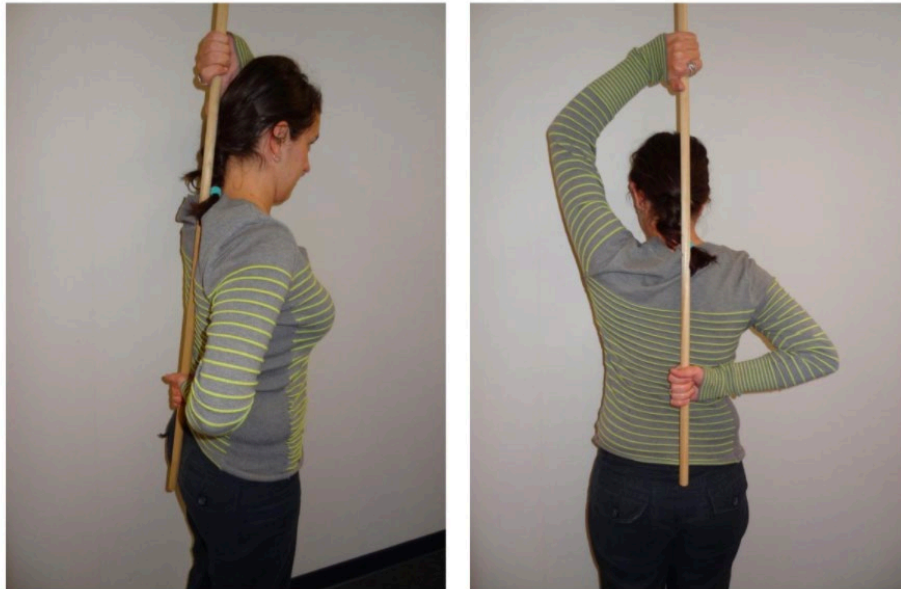
## Phase 2 – External dowel rotation

1. Lying on your back, position the dowel chest high with your elbows at shoulders height.
  2. Within a pain-free range, rotate the dowel toward the top of your head aiming to touch the floor.
  3. Hold stretch for 20-30 seconds.
  4. Return dowel to starting position, at chest level.
- Complete \_\_\_\_\_ times, \_\_\_\_\_ per day



## Internal rotation stretch with a dowel

1. Place your \_\_\_\_ hand at the center of your back, grasping the dowel. Maintain a neutral wrist.
  2. Use your opposite hand to grasp the top of the dowel. Pull the dowel straight up, bringing your \_\_\_\_ hand up the center of your back.
- Hold the stretch for 20-30 seconds, repeat 3 times.



Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 09/2021