



MOTION GUIDANCE: SHOULDER HOME EXERCISE

Client Name: _____ Date: _____

Place the small strap around the your forearm, with the laser mounted aligned with the center of the wrist (can alternately apply around the biceps). The laser can aim at your middle finger, but can be adjusted as needed. Exercises can be performed seated or standing a few feet from the flag. You can position yourself further from the flag, which requires less shoulder motion to achieve the exercise, or closer to the flag which requires more shoulder motion. Hang the flag vertically on a wall or horizontal, depending on exercise drill and preference.

Exercise 1: "Around The Clock" in Flexion and Abduction

Instruction: Stand facing the flag. Elevate your arm to 90 degrees and adjust laser so it is in center of the flag (if you are not able to elevate this high, elevate where you can and adjust the laser so it is center at 90% of your elevation). Using your shoulder motion (elbow locked), go around the clock hitting all numbers, and then reverse. If you have a partner present, have them call out random numbers to test your reaction time. Each time you hit a number, return to center. You can then turn your body facing away from the flag, so you have to do the same exercise with the arm now out to the side of you in a new zone "abduction". A great app that can be downloaded to your phone and used with this drill is the "Clock Yourself" app! PRACTICE FOR 2 MIN

Exercise 2: "Locate the Target": Active Range of Motion

Instruction: Stand facing the flag, laser on affected arm. The laser mounted on your forearm can be aimed in line with your middle finger. You will see 8 circles surrounding the outer parts of the flag. Elevate your arm from your side with elbow locked, to aim at each circle and return arm to side each time. Work on your ability to "land on target" without over-shooting or under-shooting the target. You can increase your speed as you are able, and remember to try to stop directly on the target! You can adjust the angle of the laser if needed, to make you more more (if angled down) or less (if angled up). Try to use your full motion. PRACTICE FOR 2 MIN

Exercise 3: "Butterfly"

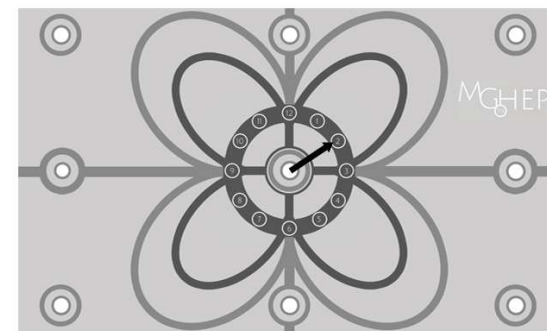
Instruction: Stand facing the flag, laser on affected arm. The laser mounted on your forearm can be aimed in line with your middle finger. Elevate your arm and trace the small butterfly pattern using your shoulder motion, clockwise and counter clockwise, then the large butterfly clockwise and counter clockwise. You can also practice "figure 8" motions by fluidly tracking the left upper and right lower quadrant, for example. Work on speed, while remaining accurate. You can also turn away from the flag and practice this in shoulder "abduction". PRACTICE FOR 2 MIN

Exercise 4: "Test Your Positional Awareness"

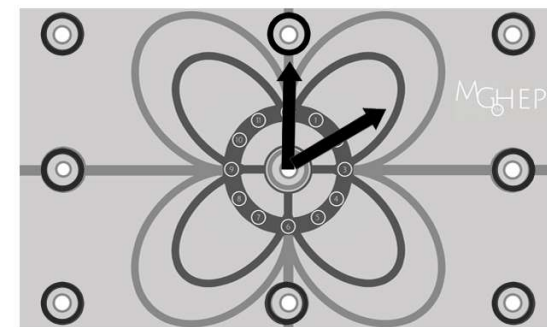
Instruction: Stand facing the flag, laser on affected arm. The laser mounted on your forearm can be aimed in line with your middle finger. Notice the 8 outer circles. The goal here is to practice locating the circles with your eyes closed, and opening your eyes to check your accuracy. This drill works on teaching you to use your kinesthetic awareness to determine where your head is in space. For example, lets start at the top circle. Elevate arm to target the top circle and back 5 times eyes open. Next, close your eyes, and try to move your shoulder to where you think the top circle is. Open your eyes and check how accurate you are. Repeat this 5 times, then move to the next circle. For each circle, perform 5 test runs with the eyes open, then move on to closing your eyes. PRACTICE ON EACH OF THE EIGHT CIRCLES. t this 5 times, then move to the next circle. For each circle, perform 5 test runs with the eyes open, then move on to closing your eyes.

PRACTICE ON EACH OF THE EIGHT CIRCLES.

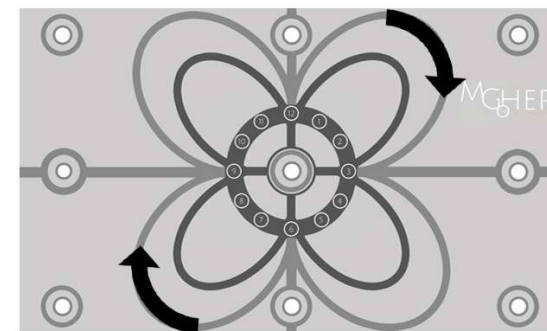
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

