

MOTION GUIDANCE: SHOULDER HOME EXERCISE

lient Name:

the flag which requires more shoulder motion. Hang the flag vertically on a wall or horizontal, depending on exercise drill and preference 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 Place the small strap around the your forearm, with the laser mounted aligned with the center of the wrist (can alternately apply arounc

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

used with this drill is the "Clock Yourself" app! PRACTICE FOR 2 MIN 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 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 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 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) 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

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

more more (if angled down) or less (if angled up). Try to use your full motion. PRACTICE FOR 2 MIN 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 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 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 Instruction: Stand facing the flag, laser on affected arm. The laser mounted on your forearm can be aimed in line with your middle finger.

Exercise 3: "Butterfly"

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 butterfly clockwise and counter clockwise. You can also practice "figure 8" motions by fluidly tracking the left upper and right lower Elevate your arm and trace the small butterfly pattern using your shoulder motion, clockwise and counter clockwise, then the large Instruction: Stand facing the flag, laser on affected arm. The laser mounted on your forearm can be aimed in line with your middle finger.

Exercise 4: "Test Your Positional Awareness"

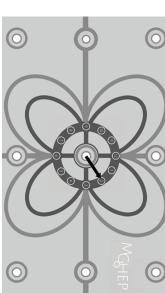
each circle, perform 5 test runs with the eyes open, then move on to closing your eyes. PRACTICE ON EACH OF THE EIGHT CIRCLES t this 5 times, then move to the next circle. For each circle, perform 5 test runs with the eyes open, then move on to closing to where you think the top circle is. Open your eyes and check how accurate you are. Repeat this 5 times, then move to the next circle. For 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 accuracy. This drill works on teaching you to use your kinesthetic awareness to determine where your head is in space. For example, lets 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 Instruction: Stand facing the flag, laser on affected arm. The laser mounted on your forearm can be aimed in line with your middle finger

PRACTICE ON EACH OF THE EIGHT CIRCLES.

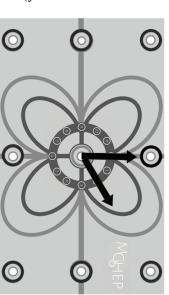
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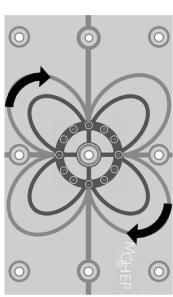
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

