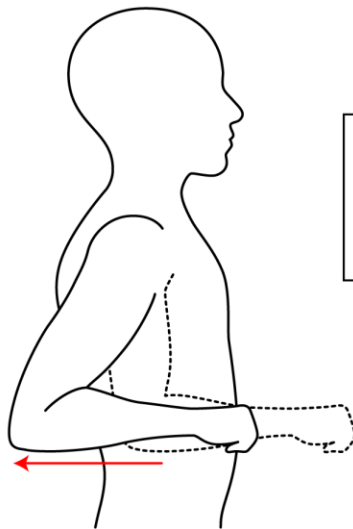


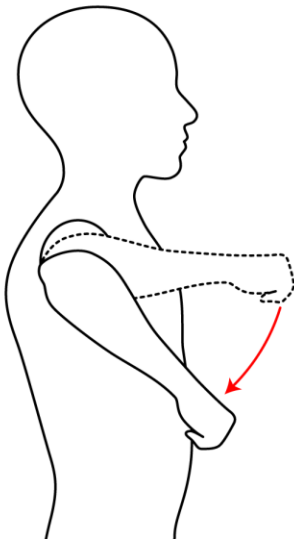
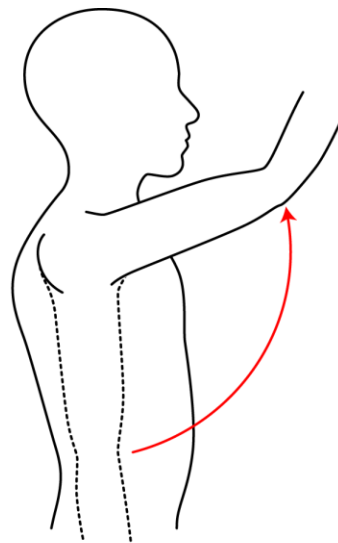
Active shoulder range of motion

The purpose of these exercises is to stretch your child's shoulder muscles rather than to increase shoulder strength. Your child's therapist will decide the length of time to hold each stretch and number of times per day your child should do each stretch. If your child has any pain during or after these exercises, please tell the therapist before you do the exercises again.



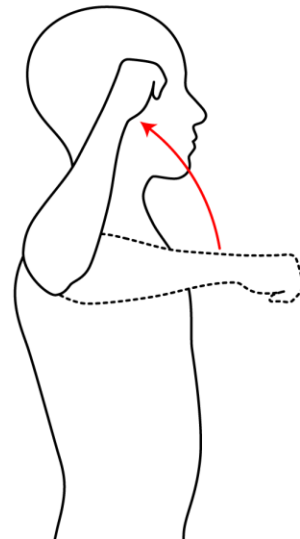
Shoulder Extension/ Flexion

Hold ____ seconds
Repeat ____ times
Do ____ sessions/day



Internal/External Rotation

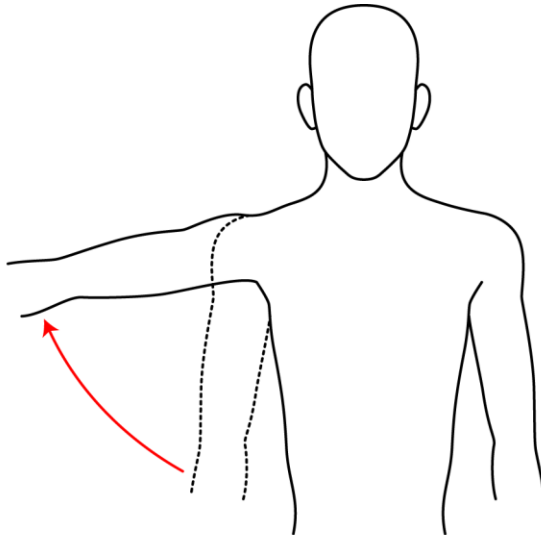
Hold ____ seconds
Repeat ____ times
Do ____ sessions/day



This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Do you know... continued

Active shoulder range of motion

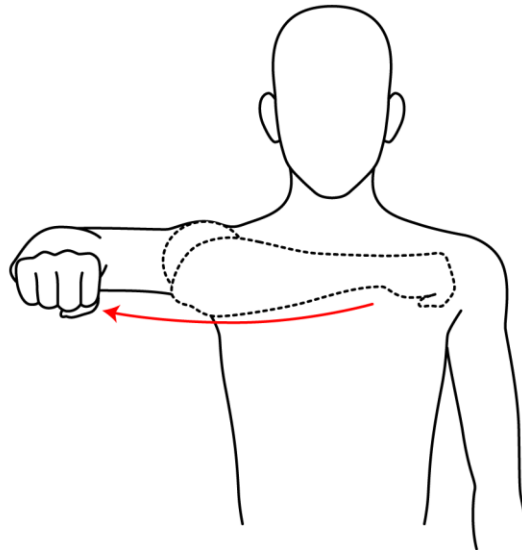


Shoulder Abduction

Hold ____ seconds
Repeat ____ times
Do ____ sessions/day

Horizontal Abduction/ Adduction

Hold ____ seconds
Repeat ____ times
Do ____ sessions/day



Questions?

To learn more about active shoulder range of motion, call Rehabilitation Services at 595-3621. If you are inside the hospital, dial 3621. If you are outside the Memphis area, call toll-free 1-866-2ST JUDE (1-866-278-5833), extension 3621.

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