

Passive External Rotation

Passive ER: Adjust the patient's elbow about a fist distance away from their side, paying particular attention that the patient **DOES NOT** help you.

- Place a towel roll under the patients involved arm for comfort.
- Place the elbow at a 90 degree angle. Use your hand to stabilize at the elbow.
- Use your other arm to help rotate the involved shoulder toward 10 o'clock for the right shoulder or toward 2 o'clock for the left shoulder.
- Hold the stretch gently for approximately 5-10 seconds.
- Perform 10 reps once a day unless otherwise directed by your physician

