

# HEMME APPROACH to Neck and Shoulder Pain Quick Reference Guide



This supplement is a quick reference guide to be used with the **HEMME APPROACH** to Neck and Shoulder Pain Home-Study Course. The eight movements presented here can be used for both **Evaluation** and **Exercise**, steps two and five, respectively, of the **HEMME APPROACH** model. The last five movements should not be attempted until patients are at least moderately successful in completing the first three movements.

All movements should be done slowly and gently and a mirror can be used to monitor symmetry, velocity, and smoothness. Even if only one side is impaired, patients should exercise both shoulders. If any patient using these movements as part of a self-exercise program experiences severe pain or discomfort during or after the movements, the entire program should be terminated immediately and the patient should seek professional help.

## **Eight Basic Shoulder Movements**

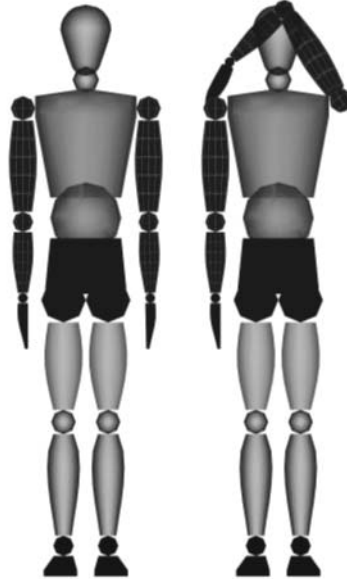
Three Basic Preliminary Shoulder Movements:

- ① Shoulder Touch
- ② Thoracic Touch
- ③ Scapula Touch

Five Basic Secondary Shoulder Movements:

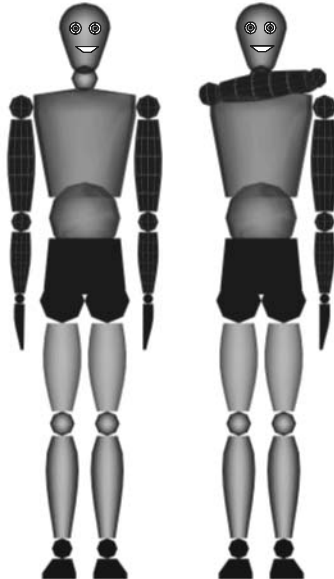
- ④ Back-to-Wall Exercise
- ⑤ Face-to-Wall Exercise
- ⑥ Overhead Floor Exercise
- ⑦ Doorway Exercise
- ⑧ Corner Exercise

## 1. Shoulder Touch



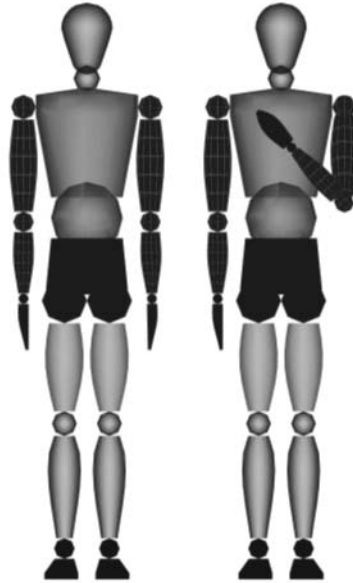
(Back View)

## 2. Thoracic Touch



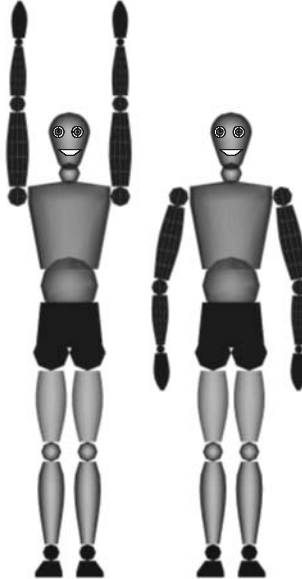
(Front View)

### 3. Scapula Touch



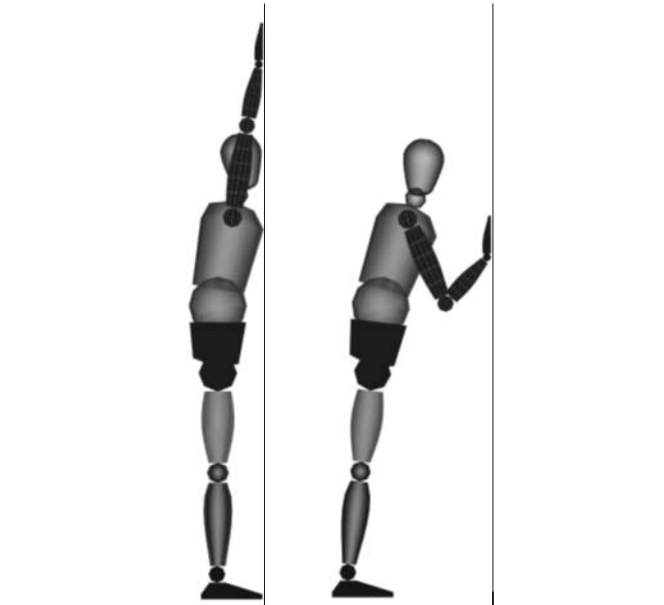
(Back View)

### 4. Back-to-Wall Exercise



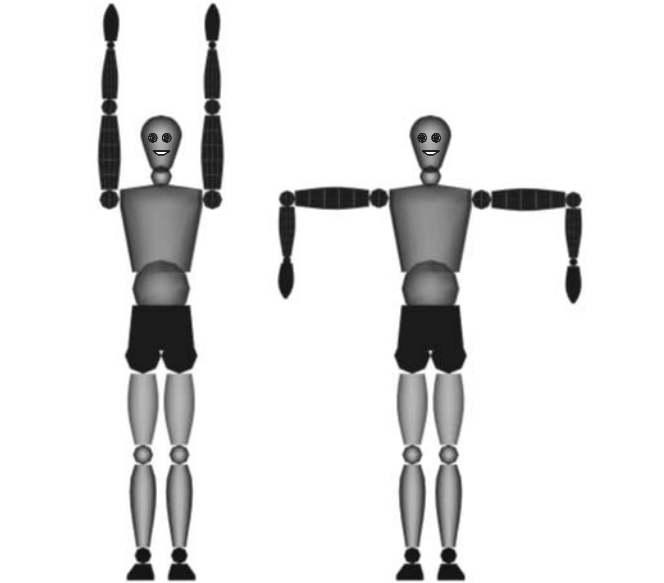
(Front View)

## 5. Face-to-Wall Exercise



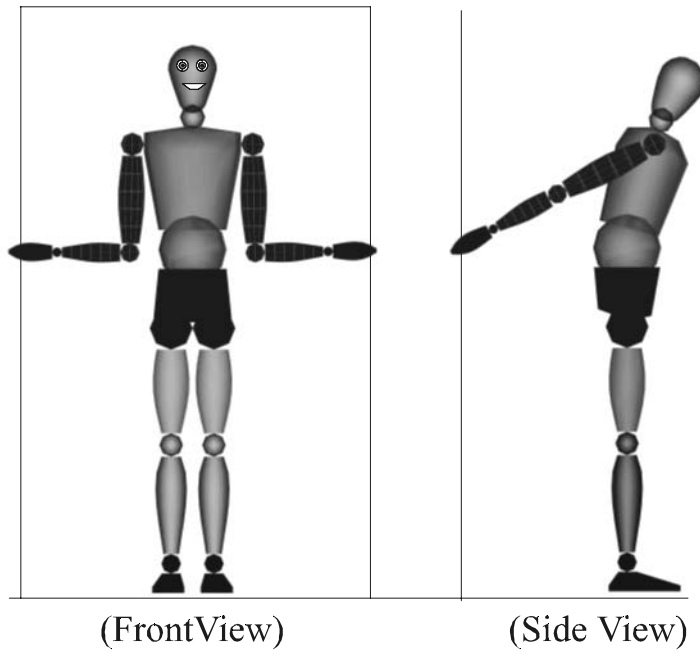
(Side Views)

## 6. Overhead Floor Exercise



(Overhead View)

## 7. Doorway Exercise



## 8. Corner Exercise

