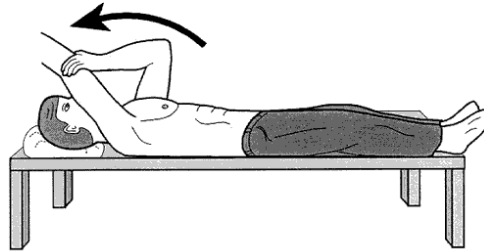


Stretching Exercises for C5 (Deltoid) Palsy

Weakness of the deltoid muscle can occur for a variety of reasons, including temporary or permanent damage to the fifth cervical nerve (C5). In such cases, due to the decreased movement around the shoulder joint, the muscles can become stiff and painful. Therefore, it is important to perform the range of motion exercises that are detailed below in order to maintain the health of the shoulder joint. These exercises should be performed three times daily.

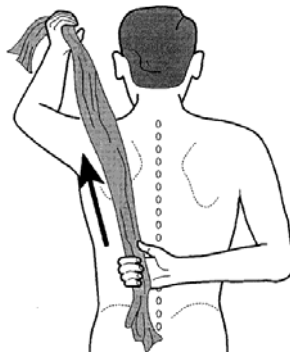
- ❖ Lie on your back on a flat surface and, using your strong arm, grab your weak arm at the elbow and raise it over your head, hold for five seconds, and return to the starting position at your side. Repeat 10 times.



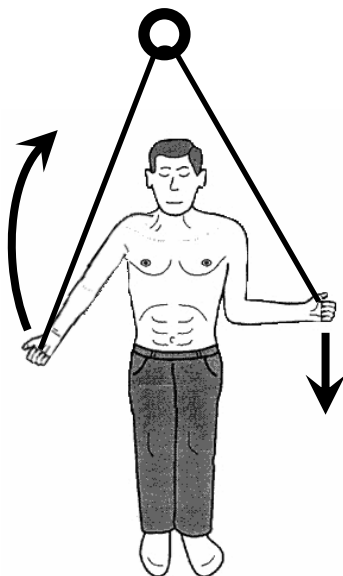
- ❖ Sit down with your weak arm on a flat surface. Bend forward at the waist while keeping your back straight, allowing your shoulder to gently rotate as you bend. Hold this position for five seconds, and return to the starting position. Repeat 10 times.



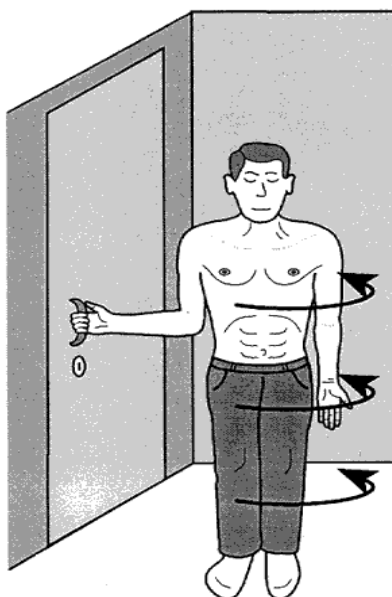
- ❖ Grab the two ends of a towel or a rope as pictured below (the right arm is the weak arm in this picture). Raise your weak arm up the back by pulling up with your strong arm as far as you can without overstretching. Hold this position for five seconds, and return to the starting position. Repeat 10 times.



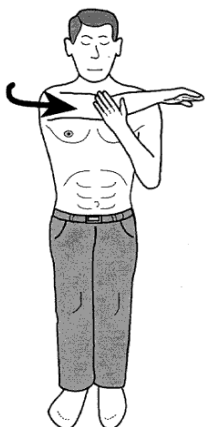
- ❖ Grab the two ends of a rope that has been extended over a pulley or similar type of a setup as pictured below. Keep your weak arm straight and raise it up as high as possible by pulling down on the rope with your strong arm. Hold this position for five seconds, and gently return to the starting position with your weak arm at your side. Repeat 10 times.



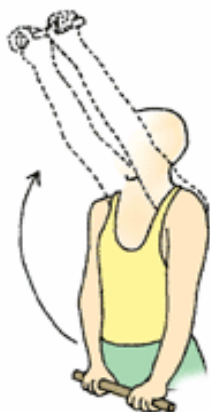
- ❖ Grab a stable object, such as a door handle, with your weak arm, which should be kept at a 90 degree angle at the elbow. While keeping your weak arm at your side, externally rotate your entire body away from your weak arm as far as you can. Hold this position for five seconds, and gently return to the starting position. Repeat 10 times.



- ❖ While standing, use your strong arm to grab your weak arm at the elbow and stretch it across your chest as far as you can. Hold this position for five seconds, and return to the starting position. Repeat 10 times.



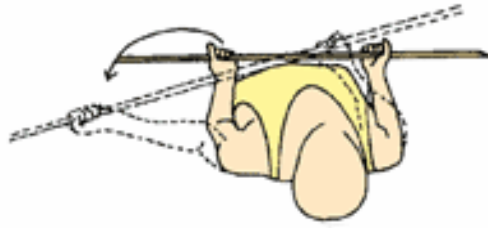
- ❖ Stand upright and hold a stick in both hands, palms down. Lift your arms over your head while keeping your elbows straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.



- ❖ Stand upright and hold a stick in both hands behind your back. Move the stick away from your back while keeping your elbows straight. Hold this position for 5 seconds, and then return to the starting position. Repeat 10 times.



- ❖ Lie on your back and hold a stick in both hands with your palm up, the elbows resting on the floor at your sides and bent 90 degrees. Then, using your strong arm, push your weak arm away from your body as far as you can. Hold the stretched out position for 5 seconds, and then return to the resting position with your elbows at your sides. Repeat 10 times.



- ❖ Stand upright holding a stick with both hands behind your back. With the stick pressed against your back, bring up both arms as far as possible by bending at the elbow. Hold the bent position for 5 seconds, and then return to the starting position. Repeat 10 times.



- ❖ Stand upright and hold a stick in front of you with both hands with your palms down. Rest the stick against the front of your thighs and while keeping your elbows straight, use your strong arm to push your weak arm out to the side and up as high as possible. Hold for 5 seconds and then return to the starting position. Repeat 10 times.



- ❖ While standing, shrug your shoulders up and hold for 5 seconds. Then, with your shoulders up, squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward and hold for 5 seconds, then relax. Repeat this sequence 10 times.



- ❖ Stand in a doorway or the corner of the room with both arms stretched on the doorway or on the walls slightly above your head as pictured. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15 to 30 seconds and then return to the starting position. Repeat 3 times.



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