**SHOULDER EXERCISES – ACTIVE/ASSISTED**

- Exercises to be done 5 times a day.
- Use ice regularly for 20 minutes at a time.
- These exercises are to help increase range of movement with some form of assistance.
- Always exercise within your pain limit.

1. **CIRCLES**

   Lean forward so arm comes away from your body. Rotate arm in a clockwise and anti-clockwise direction. X10 each.

2. **PENDULAR MOVEMENTS ACROSS THE BODY**

   (A)  
   (B)

3. **PENDULAR MOVEMENTS FORWARDS AND BACKWARDS**

   (A)  
   (B)
4. **Standing Arm Stretch**

With hands on bench walk back until you feel a gentle stretch. Hold 10 secs. (Repeat 10x).

5. **Shoulder Elevation**

- (A) Use other arm to support operated arm. Gently lift arm up as far as comfortable. Hold 5 secs, then lower. (X10)
- (B) When lowering, gently push operated arm into other hand to reduce pain.
- (C) Gradually increase range as shown.

6. **External Rotation**

- (A) Using stick to assist, set the shoulders. Keep elbows at side. Use good arm to rotate operated arm
7. **Extension**

(A) Grasp stick with both hands. Move stick backwards using good arm to assist.

(B) Grasp stick with both hands. Move stick backwards using good arm to assist.

8. **Internal Rotation**

Grasp towel as shown.
Use good arm to lift operated arm up behind your back.

9. **Walk Hand Up the Wall**

Support operated arm against wall.
Walk fingers up wall using other arm to assist. Start low down with elbow bent.

10. **Shoulder Elevation With Pulley**

Set up system as demonstrated. Pull down with good arm to lift operated arm up. Hold 5 secs, then lower. Continue for 5 mins.

11. **Scapula Bracing**

**Shoulder Setting**

Squeeze shoulder blades down and in towards the spine. Hold 5 seconds, X10

*Please call Body Logic Physiotherapy on 9230 6310 if you have any queries.*