

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.

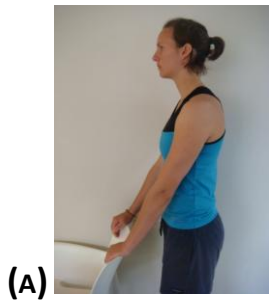
2. PENDULAR MOVEMENTS ACROSS THE BODY



3. PENDULAR MOVEMENTS FORWARDS AND BACKWARDS



4. STANDING ARM STRETCH



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

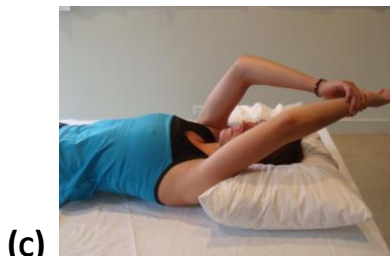
5. SHOULDER ELEVATION



Use other arm to support operated arm. Gently lift arm up as far as comfortable. Hold 5 secs, then lower. (X10)



When lowering, gently push operated arm into other hand to reduce pain.



Gradually increase range as shown.

6. EXTERNAL ROTATION

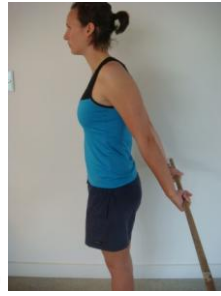


Using stick to assist, set the shoulders. Keep elbows at side. Use good arm to rotate operated arm

7. EXTENSION



(A)



(B)

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

8. INTERNAL ROTATION



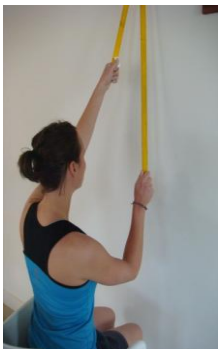
Grasp towel as shown.
Use good arm to lift operated arm up behind your back.

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