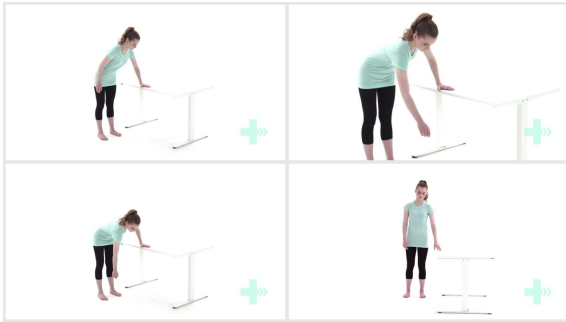




Dorset Physiotherapy Centre
 48 High West Street
 Dorchester, DT1 1UT

These are some early stage shoulder exercises with minimal equipment. Do as much as your shoulder will allow. Don't push through pain. You don't need to do all of these in one go but try to get something done daily.

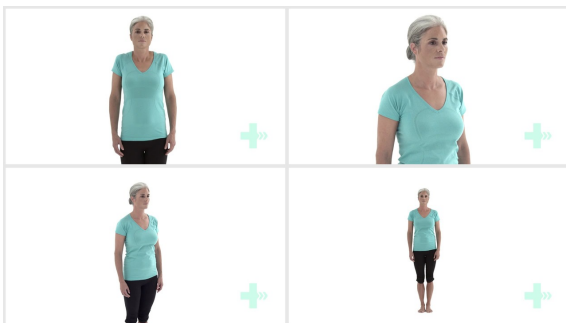
1 Set / 20 Reps / 20 sec duration



1. Pendular exercise

Stand up straight with your good side closest to a table.
 Lean forwards, bending at your hips, and place your unaffected arm on the table.
 Allow your affected arm to hang forwards in front of you.
 Let your arm swing forwards, backwards, side to side and in circles.
 Bend further forwards to increase the movements of the shoulder.

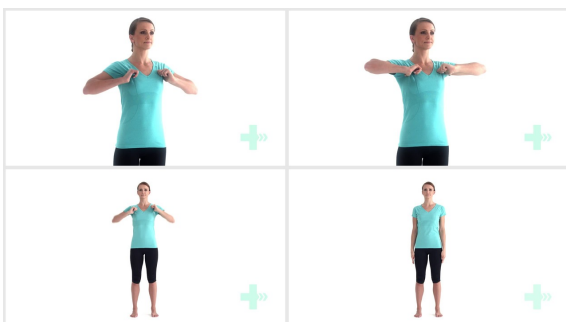
1 Set / 20 Reps



2. Shoulder rolls standing 1.2b (warm up)

Stand upright and prepare to start the shoulder roll exercise.
 This exercise is very important for maintaining good posture and mobility in your shoulders and upper back
 Shrug your shoulders up towards your ears; now slowly roll them backwards and downwards whilst trying to squeeze your shoulder blades together.
 Relax and return back the starting position and repeat as directed.

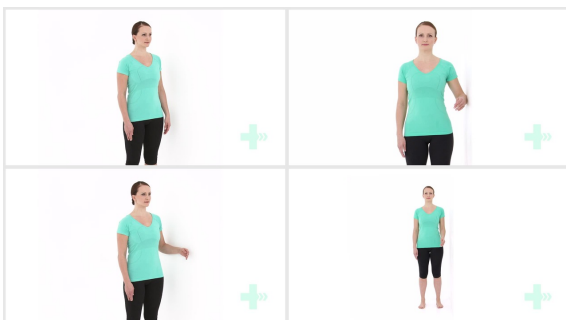
1 Set / 20 Reps / 20 sec duration



3. Bird flapping

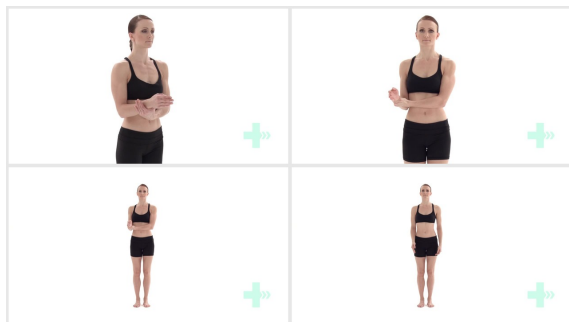
In the standing position, tuck your thumbs underneath your armpits so your elbows flare out. Begin flapping your arms like a bird.

1 Set / 5 Reps / 45 s hold



4. Isometric GHjt abduction (wall)

Stand up straight sideways to a wall.
 Your affected arm should be closest to the wall.
 You may want to do this exercise with your elbow bent.
 Press the outside of your arm into the wall, ensuring the movement comes from your shoulder and not your wrist or elbow.
 Hold this position, with your gaze directly ahead, your neck long and your shoulder blades back and down.



5. Isometric GHjt ER(N) in stand

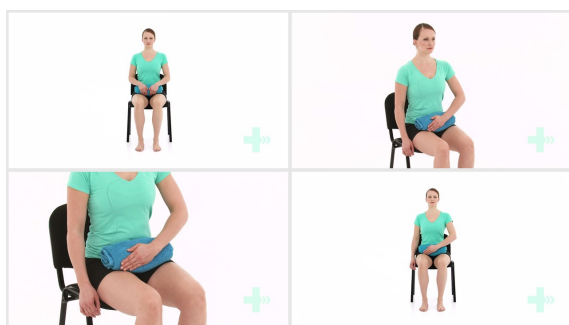
Stand straight with the elbow on your affected arm bent to 90 degrees.

Place your other hand on the outside of your affected wrist.

Keeping your body still, push your wrist outwards into your good hand, resisting the movement.

Make sure you are trying to rotate the arm outwards, and not trying to push outwards with your elbow.

Hold this position.



6. Seated belly press

Sit up straight in a chair.

Ensure you have good posture with your weight through your seat bones, your shoulder blades relaxed back and your gaze ahead.

Place your hand on your stomach. You may find it helpful to fold a towel against your stomach to press into.

Bring your elbow forward so that it is in line with your hand.

Keeping this alignment, gently press the heel of your hand into your tummy.

It is key that you do not allow your wrist to bend or your elbow to drop back.

Hold this position.



7. Isometric GHjt adduction (at 45 deg abd)

Sit upright in a chair.

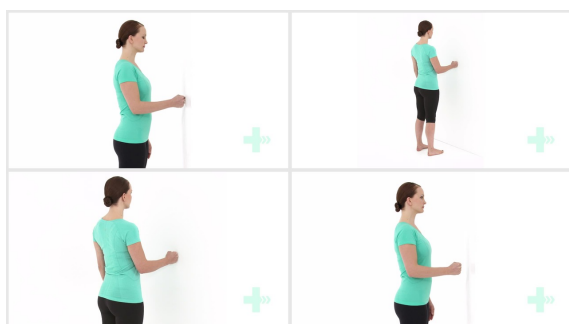
Place a folded pillow between your upper arm and your body.

Your upper arm should be approximately diagonally out to your side.

Squeeze your upper arm tightly down against the pillow.

Ensure you keep your posture upright and do not hunch your shoulders up as you perform this exercise.

Hold this position.



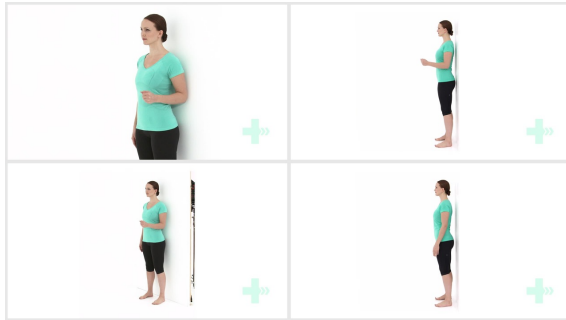
8. Isometric GHjt flexion (wall)

Stand up straight facing a wall.

You may want to do this exercise with your elbow bent.

Make a fist with your hand and press your fist into the wall, ensuring the movement comes from your shoulder and not your wrist or elbow.

Hold this position, with your gaze directly ahead, your neck long and your shoulder blades back and down.



9. Isometric GHjt extension (wall)

Stand up straight with your back to a wall.

You may want to do this exercise with your elbow bent.

Press the back of your arm into the wall, ensuring the movement comes from your shoulder and not your wrist or elbow.

Hold this position, with your gaze directly ahead, your neck long and your shoulder blades back and down.

1 Set / 1 Rep



10. Forward lean stand

Stand up straight in front of a table or chair.

Place both of your hands onto the surface.

Lean onto the surface and let it take your weight.

Relax your head between your arms.

Slow your breathing in this position.

Hold for 1 minute.