



Shoulder exercises >> for pain relief / warm up

Do these exercises ____ x day

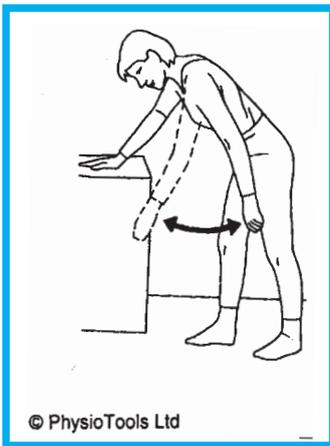


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1. Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down.
Swing your arm to your left and then to your right.

Repeat ____ times

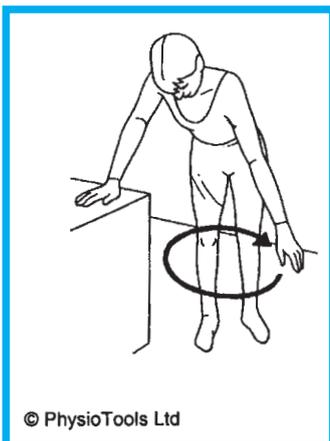


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2. Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down.
Swing your arm forwards and backwards.

Repeat ____ times



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3. Stand leaning on a table with one hand.

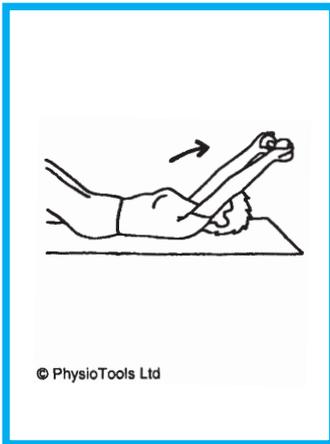
Let your other arm hang relaxed straight down.
Swing your arm as if drawing a circle on the floor.
Change direction.

Repeat ____ times



Shoulder exercises to increase movement

Do these exercises ____ x day

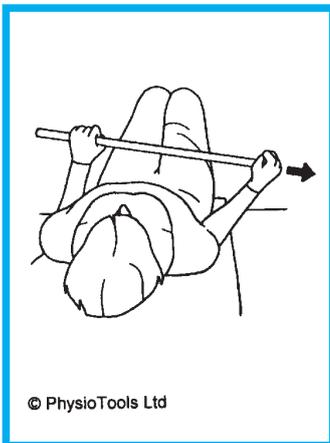


4. Lying on your back with knees bent. Hold a stick in both hands and rest it on your stomach.

Lift your arms straight up and over your head to the floor until you feel a stretch.

Hold ____ seconds

Repeat ____ times



5. Lying on your back with elbows against your body and at a right angle. Hold a stick in your hands.

Move the stick sideways, thus pushing the arm to be exercised outwards.

Hold ____ seconds

Repeat ____ times



6. Stand and grip one end of the stick with the arm to be exercised.

Lift the stick up sideways by assisting with the other arm until you feel a stretch.

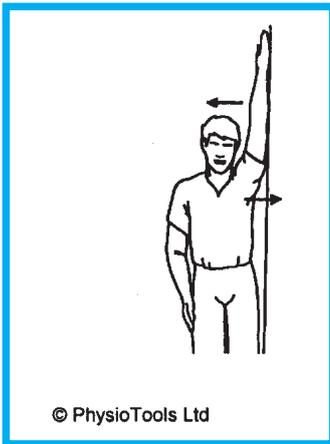
Hold ____ seconds

Repeat ____ times



Shoulder exercises >> to increase movement

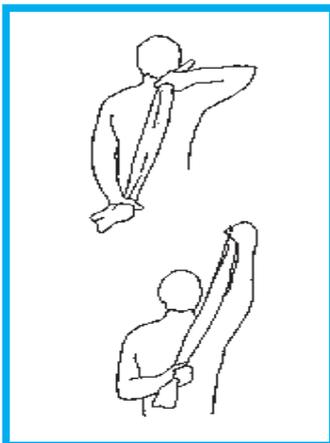
Do these exercises ____ x day



7. Stand sideways against a wall. Hold your arm up with the back of your hand towards the wall. Push your armpit against the wall allowing the upper arm to move behind your head.

Hold ____ seconds

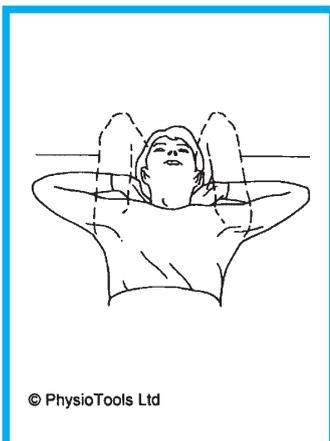
Repeat ____ times



8. Stand. Throw a bath towel over your shoulder with your good arm. Hold it in your affected arm by your side. Use your good arm to pull the towel upwards and stretch your affected arm behind your back.

Hold ____ seconds

Repeat ____ times



9. Lying on your back with hands behind your neck and elbows pointing towards the ceiling. Move your elbows apart and down to touch the floor.

Hold ____ seconds

Repeat ____ times