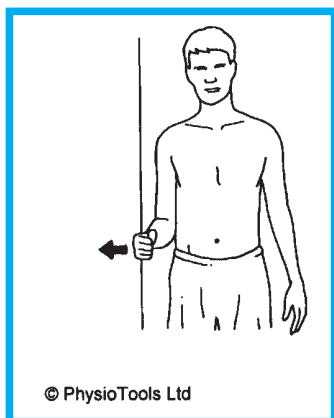


Shoulder Exercises

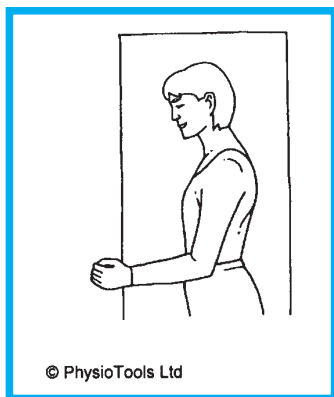
S2

– to increase strength, take exercises to tiredness but not pain.



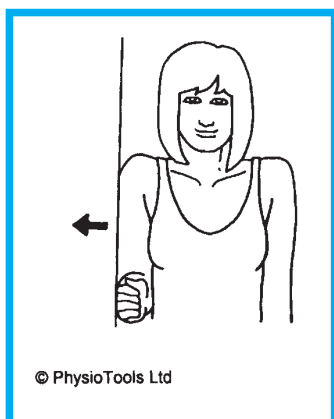
1. Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against the wall. Push the back of your hand against the wall.

Hold for 5 seconds and repeat until you experience tiredness but not pain.



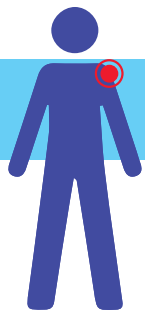
2. Stand in a doorway with your elbow close to your body and bent at a right angle. Push your hand inwards against the wall.

Hold for 5 seconds and repeat until you experience tiredness but not pain.



3. Stand sideways against a wall with your upper arm close to your side and elbow at a right angle. Push your upper arm out against the wall.

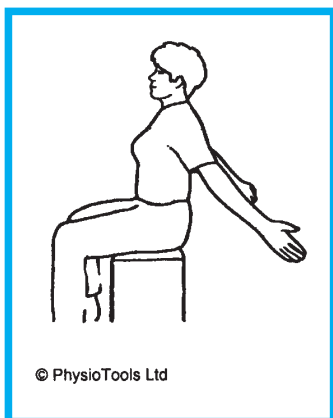
Hold for seconds 5 and repeat until you experience tiredness but not pain.



Shoulder Exercises

S2

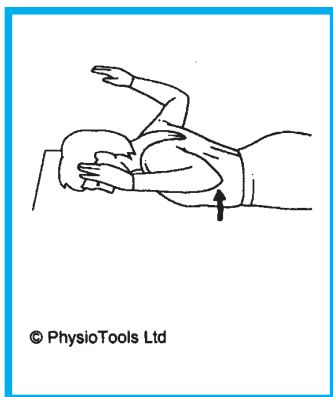
– to increase strength, take exercises to tiredness but not pain.



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7. Sit with your back straight and feet firmly on the floor. Pull your shoulder blades together.

Hold for seconds 5 and repeat until you experience tiredness but not pain.



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8. Lie face down with a folded towel under your forehead. Take your arms out to the side and bend your elbows to a right angle. Keeping your forehead on the bed, raise your arms, squeezing your shoulder blades together.

Hold for seconds 5 and repeat until you experience tiredness but not pain.