

## SHOULDER EXERCISES

Not all of these exercises will be appropriate for every shoulder problem:  
Ask your therapist / trainer which you should avoid.

### Number 1:

1. Gently roll your shoulders 10 times in both directions.
2. Also - "shrug" your shoulders, whilst breathing in - raise them as high as possible - hold for 5 seconds, then lower whilst breathing out.  
**Do not try this if it causes any sharp pains.**



### Number 2:

1. Bend forward at the waist, holding onto something with your "good" arm.
2. Let the painful arm hang towards the ground and relax for a few seconds.
3. Now swing your arm forwards and backwards, increasing the range until you feel resistance - **but not enough to cause severe pain.** Swing 20 times then stop slowly.
4. Now swing 20 times from side to side, **again slowly and without severe pain.**

If this exercise is comfortable, you can try it whilst holding a small 1-2lb weight in your hand.



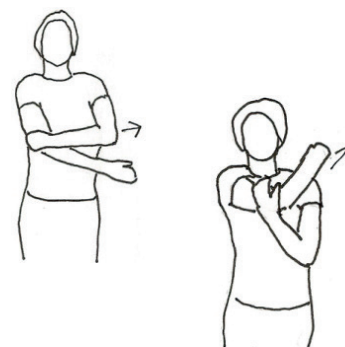
### Number 3:

1. Pretend you have a pen in your hand and "write your name in the air".
2. **Avoid sharp pains**, but, as you get better, write larger and higher in the air.  
Repeat 5 times.



### Number 4:

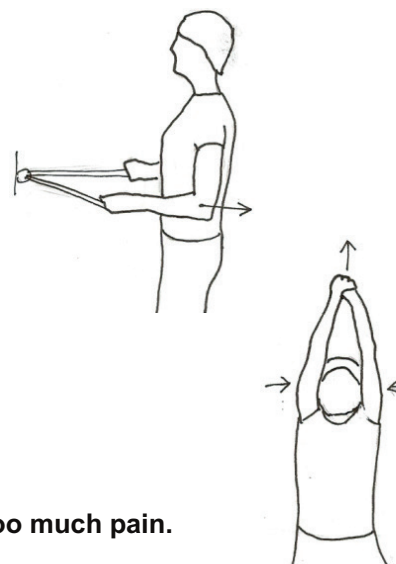
1. Place the "bad" arm across your lower chest.
2. Hold the elbow with your other hand and pull it slightly further across, hold for 10 seconds.
3. Now repeat the position, but this time: starting with your hand on the opposite shoulder and pulling the elbow across with the other wrist.



### Number 5:

1. Attach a "bungee strap" or elastic exercise band to a door knob.
2. Stand facing the door holding each end of the strap with one hand.
3. Now pull and release with both hands at the same time (vertical rowing).  
Do 20 pulls - as this becomes too easy - stand further away.

You can do this without the elastic band - in which case:-  
Try to squeeze your shoulder blades together and hold for up to seven seconds.



### Number 6:

1. Place both hands above your head with the hands clasped.
2. Now reach upwards with your hands, trying to touch your head with your arms.
3. You can assist the "bad" shoulder by pulling up with the other, **but avoid causing too much pain.**  
Repeat 10 times

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### Number 7:

1. Hold one end of a towel in your "good" hand.
2. Throw the towel over your "good" shoulder and "catch" it with your "bad" hand.
3. Now help your bad hand to slide up your back by pulling gently with the good arm.

Repeat 5 times

**Do not pull hard enough to cause sharp pain.**



### Number 8:

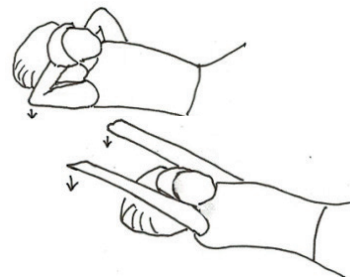
1. Stand in a door frame, with your fingers "hooked around" either side of the frame as low as possible.
2. Now step / hang through the door frame until you feel the front of your shoulders stretching. Let it pull for 10 seconds and repeat 3 times.

As you improve - hold higher up the door frame and allow more weight to pull on your arms.

### Number 9:

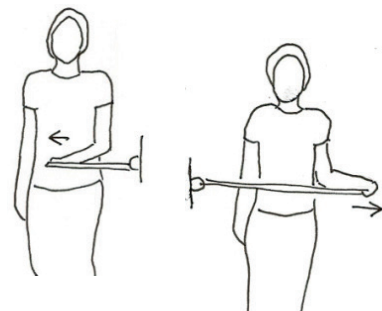
1. Lie on your back with a pillow under your head and clasp your hands behind your head.
2. Let your elbows relax backwards as far as comfortable and hold for 10 seconds.
3. Repeat this position 3 times then try it with your arms straight above your head.

You can help the "bad" arm with your good hand, **but don't hurt it too much.**



### Number 10:

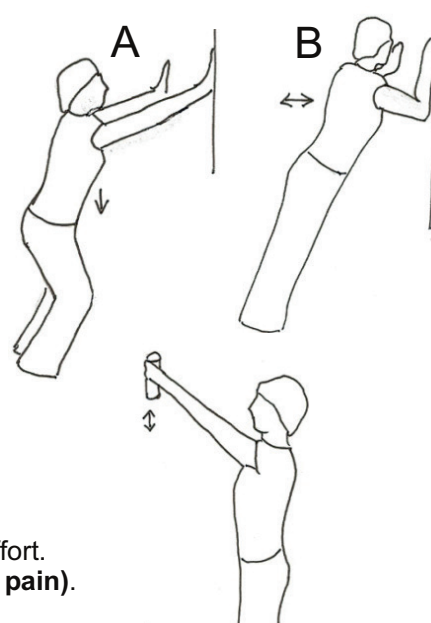
1. Tie one end of an elastic exercise band to a door handle.
2. Stand sideways on to the door, holding the other end of the band, with your elbow tucked into your side and bent to 90°.
3. Now slowly pull on the band (keeping your elbow touching your side) so rotating your shoulder. Repeat 10 times.
4. Then turn around so that you are facing the other way and repeat the exercise, (rotating your shoulder the other way).



### Number 11:

1. Stand upright, facing a wall with your arms straight and your hands flat on the wall, (about shoulder height and as wide apart as your shoulders).
2. Slowly squat or crouch down, keeping your hands in place, 3 times (A). Then do 5 gentle push-ups (B).
3. Repeat the exercise with your hands a little higher up the wall.

Climb up the wall in stages until the movement becomes a little uncomfortable.



### Number 12:

1. Stand upright with a 2lb weight held in your hand.
2. Keeping your arm straight - raise the weight up in front of you as far as comfortable.
3. Now **slowly** lower your arm back to your side - keeping it straight. Repeat 5 times.

As you get better and stronger you may increase the weight, but only use about 70% effort.  
You can also try raising the same weight out to the side and lowering slowly (**but avoid pain**).