

Personal exercise program

Shoulder Exercises

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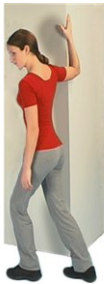


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Sit or stand. Lift your hands up and cross them behind your neck, elbows pointing towards the ceiling.

Move your hands towards your shoulder blades.

Repeat 5 times.



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Stand in a walking position. Bend your elbow and support the forearm against a door frame or corner.

Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles. Stretch approx. 20 secs.

Repeat 5 times on each side or just the affected side.

If you straighten your elbow you can increase the stretch again.



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

Lift your arms straight up and over your head to the floor. Hold approx. 20 secs. (Breathe normally) - return to starting position.

Repeat 3 times.



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Lying on your back. Elbow bent at a right angle close to your body. Hold on to your wrist with the other hand.

Try to move your hand outwards while resisting any movement with the other hand. Hold 5 - 10 secs.

Repeat 3 - 5 times.



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

Push the forearm to the side against the wall. Hold for 5-10 seconds

Repeat 3 - 5 times.
