



Physiotherapy Department

Personal Exercise Programme

Shoulder, Early
Date : 16/03/2001



Gradually progress through these exercises.

Each exercises should be painfree to perform.

Try only as many repetitions as are comfortable.



Sit or stand.

Lift your shoulders - relax.

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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.



Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible.

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Sit with your fingers on your shoulder.

Move elbows forwards - backwards.



Stand.

Bring the arm you are exercising behind your back and stretch towards the opposite buttock.

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Stand or sit.

Stretch one arm over to the opposite shoulder by pushing it at the elbow with your other arm. Hold the stretching approx. 20 secs. - relax.



Stand or sit.

Lift your arm up sideways with thumb leading the way.

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