



Tel: (065) 6840757

Shoulder Exercise Programme

Lying on your back

1. Slide the arm, with the elbow straight, out to the side as far as possible. Try to get up to shoulder level or higher. Do not bend your body sideways or hunch up the shoulder in order to get up more.
2. Hold hands together with arm stretched out. Lift arms up and over the head as far as possible while keeping the elbows straight.
3. Lift arm up straight so the hand is towards the ceiling. Push the hand upward heading straight towards the ceiling by lifting the shoulder blade off the floor.
4. Lift arm up straight so the hand is towards the ceiling. Circle the hand clockwise and then anti-clockwise.
5. Lift arm up straight so the hand is towards the ceiling. "Write" your name, address and telephone number in foot high letters in the air.
6. Lift arm up straight so the hand is towards the ceiling. Drop the arm out to the side slowly moving towards the floor / bed. On reaching the floor / bed relax for a few seconds and then return to the arm being straight up to the ceiling.
7. Position the arm straight out to the side up at shoulder level. Bend the elbow to 90°. Slowly move the hand down to touch the floor with the palm of the hand and then return the hand to the starting position (level with the tummy).
8. Position the arm straight out to the side up at shoulder level. Bend the elbow to 90°. Slowly move the hand down to touch the floor with the back of the hand (above the head)

Sitting

1. Lift the arm up to shoulder level
 - (a) Out to the front
 - (b) Out to the side
2. Swing the arm at the side, getting as high as possible. Try not to let the whole shoulder move – just the arm.
3. Bend elbows to 90°. Move hands outwards away from each other while keeping elbows tight against your sides. Move hands back in and past each other to lie against the tummy
4. Sitting upright with support up to the shoulder level. Lift the shoulders (together) upwards and then circle them backward and downwards to return to the starting position. Always circle the shoulders backwards.



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Shoulder Exercise Programme

Standing

1. Slide hand up along a wall to reach as high as possible
2. Hold the top of the door frame as you walk through the door.
3. "Paint" a large X in front of you with your arm by first starting with the hand against the opposite hip, lift the arm upwards and outwards across the body as far as possible and back to the hip again. Next do the opposite diagonal by starting with the hand down and away to the side from your hip and then moving it up and across your body to end up above the opposite shoulder before returning to the original position. The crossing point in the X should be level with and in front of the shoulder being moved.
4. Stand with back against a wall. Lift both arms upwards and outwards to the side as far as possible
5. Stand with back against a wall. Lift both arms upwards and outwards to the front as far as possible
6. Stand facing the wall with hands flat on the wall. Bend the elbows and lean into the wall. Push back to lock elbows straight. Throw a ball against a wall and catch it again on its rebound. Throw both underarm and over arm (overhead)
7. Holding a towel at either end 'wipe' your back by
 - (a) Sliding the towel back and forth across the back with both hands behind back
 - (b) Sliding the towel up and down by having one arm behind the back and the other over the opposite shoulder.