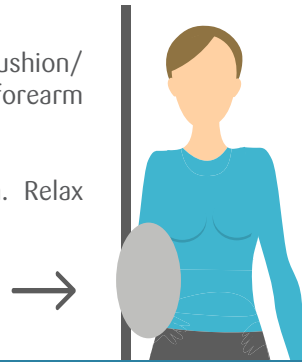


## 9. SHOULDER ADDUCTION ISOMETRICS

Standing position, keep a cushion/ small pillow between your forearm and trunk.

Squeeze the pillow/ cushion. Relax and repeat.



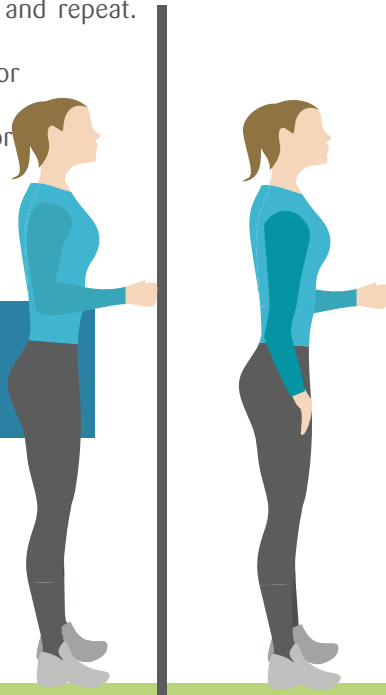
HOLD - 10 SECS  
REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily

## 10. SHOULDER EXTERNAL/ INTERNAL ROTATION ISOMETRICS

A.External -Stand in a door frame with your back of the wrist against the door frame. Push your arm outward against the frame.Relax and repeat.

B.Internal- Stand in a door frame with your palm of the hand against the door frame, Push your arm towards the frame.

Relax and repeat.



HOLD - 10 SECS  
REPS /S - 10 reps  
SETS/DAY - 2 sets/  
twice daily

## SHOULDER CARE ADVICES

1. Avoid reaching overhead or across your chest, If there is pain
2. Avoid lifting anything heavy



3. Avoid leaning on your elbows, or lying on your shoulder
4. Avoid hanging your shoulder for long time
5. Do the exercises regularly and correctly
6. Know that some soreness is normal. If you have sharp or tearing pain, don't continue that exercise
7. Apply ice or hot packs depends upon your physiotherapist instruction for 15 minutes maximum
8. Please don't hand over the leaflet to another person who has shoulder pain, as these exercises may not be suitable for that person's condition



مؤسسة الرعاية الصحية الأولية  
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## SHOULDER EXERCISES



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## 1. PENDULAR EXERCISES

Do this exercise first. Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down. Swing the arm forward- backward ,side to side and in circular motion.



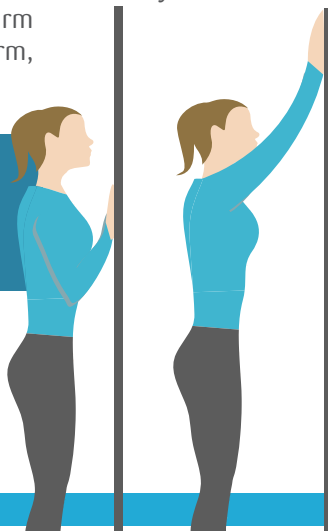
Swing arm on each direction for about - 1 min

## 2. FINGER LADDER EXERCISES

Stand facing the wall, lay your palm on the wall, slowly walk your fingers up the wall, until you've raised your arm as far as you comfortably can.

Your fingers should be doing the work, not your shoulder muscles. Slowly lower the arm (with the help of the good arm, if necessary) and repeat

HOLD - 10 SECS  
REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily

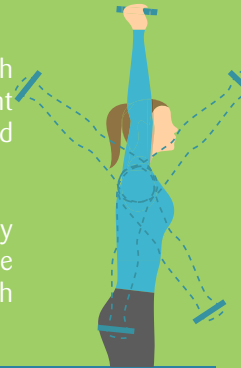


## 3. WAND EXERCISES

Stand straight, hold the stick with both hands with arms straight in front of you, and raise both arms overhead as far as possible.

Do it in back ward direction also by holding the cane behind you. Keep the elbow straight while doing in both directions.

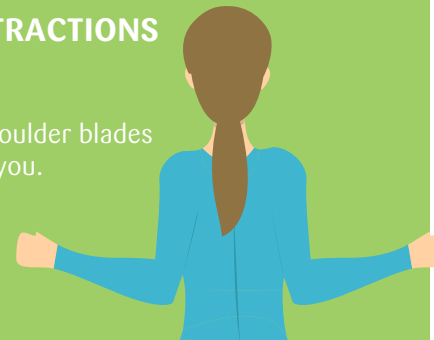
HOLD -10 SECS REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily



## 4. SHOULDER RETRACTIONS

- Stand straight
- Try to bring your shoulder blades together in back of you.
- Relax and repeat.

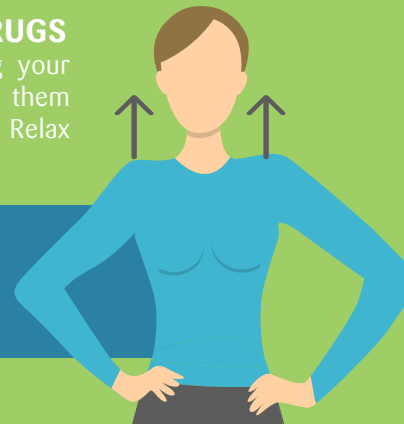
HOLD - 10 SECS REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily



## 5. SHOULDER SHRUGS

Stand straight ,Shrug your shoulders, bringing them up towards your ears. Relax and repeat.

HOLD - 10 SECS  
REPS /S - 10 reps  
SETS/DAY - 2 sets/  
twice daily

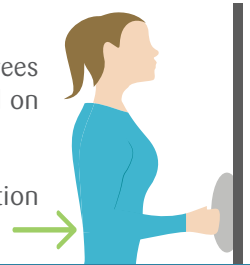


## 6. SHOULDER FLEXION ISOMETRICS

Stand facing the wall elbow at 90 degrees angle, keep a cushion or rolled towel on your close fist.

Move towards the wall on the direction of the arrow. Relax and repeat

HOLD - 10 SECS REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily

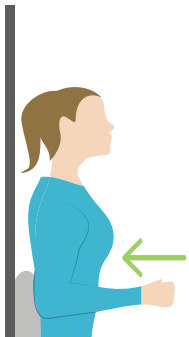


## 7. SHOULDER EXTENSION ISOMETRICS

Stand with your back on the wall, keep a cushion or rolled towel on your elbow area.

Move towards the wall on the direction of the arrow. Relax and repeat

HOLD - 10 SECS REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily



## 8. SHOULDER ABDUCTION ISOMETRICS

Stand with your back on the wall, keep a cushion or rolled towel on your elbow area.

Move towards the wall on the direction of the arrow. Relax and repeat

HOLD - 10 SECS REPS /S - 10 reps  
SETS/DAY - 2 sets/twice daily

