Shoulder Exercises

Circular Pendulum

Bend forward 90 degrees at your waist, using a table for support. Rock your body in a circular motion to move your arm clockwise 10 times. Next, do the same motion counter-clockwise 10 times.

Shoulder Flexion #1

Clasp your hands together and lift your arms above your head. Keep your elbows as straight as possible. You can do this exercise while lying down, or sitting up. Repeat the motion 10 times.

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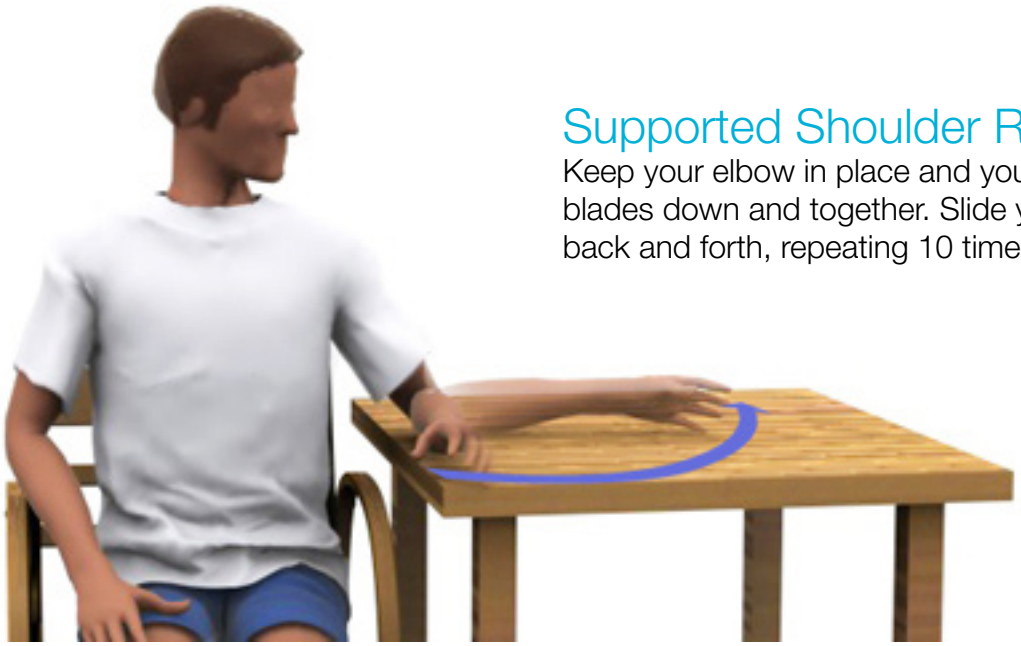
Shoulder Exercises



Supported Shoulder Rotation

Keep your elbow in place and your shoulder blades down and together. Slide your forearm back and forth, repeating 10 times.

Walk Up Exercise

With your elbow straight, use your fingers to "crawl" up a wall or door frame as far as possible. Hold the position for 10 seconds.
Repeat 3 times.

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Shoulder Exercises

Shoulder Internal Rotation

Bring your hand behind your back and across to the opposite side. Repeat 10 times.

Shoulder Flexion #2

Raise your arm to point to the ceiling, keeping your elbows straight. Hold position for 10 seconds. Repeat 3 times.

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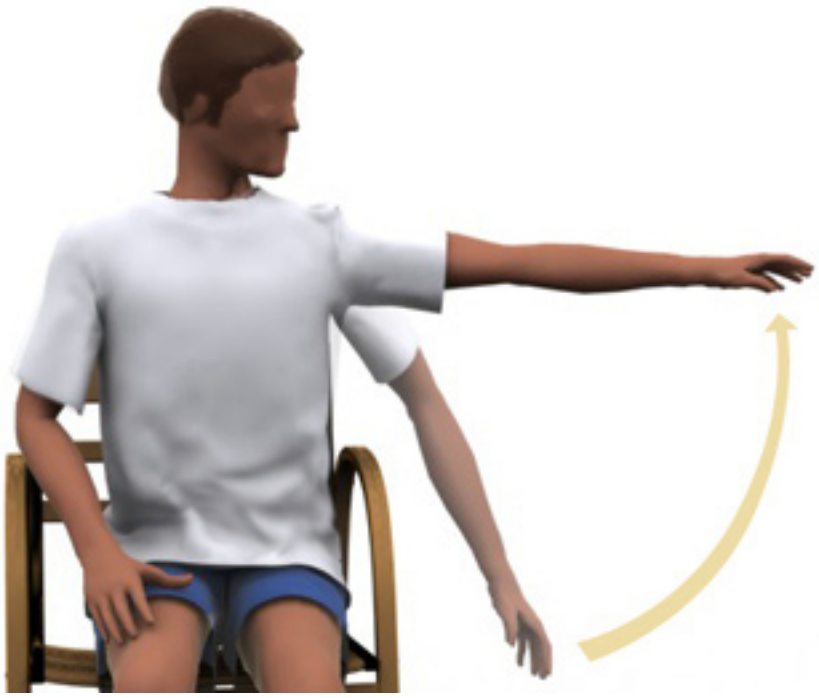
Shoulder Exercises

Shoulder Abduction

Raise your arm out to the side with your elbow straight and your palm facing down. Do not shrug your shoulder or tilt at your torso. Hold 10 seconds. Repeat 3 times.



Isometric Shoulder Extension

Stand with your back against the wall and your arms straight at your sides. Keeping your elbows straight, push your arms back into the wall. Hold for 5 seconds, then relax. Repeat 10 times.

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Shoulder Exercises

Isometric Shoulder External Rotation

Stand with the injured side of your body against a wall. Bend your elbow 90 degrees. Push your arm against the wall. Hold for 5 seconds, then relax. Repeat 10 times.

Isometric Shoulder Internal Rotation

Stand in a corner or in a door frame. Place the injured arm against the wall around the corner, bending your elbow 90 degrees. Push your arm against the wall. Hold for 5 seconds, then relax. Repeat 10 times.