

Level 2 Shoulder Exercises

WATCH
ON YOUTUBE



ISOMETRIC EXTERNAL ROTATION



In sitting or standing bend your elbow to 90° whilst maintaining your arm at the side of your body. Place the unaffected hand on the outside of the forearm at wrist level and gently push out. This position can then be altered moving your arm further outwards whilst maintaining your elbow into your side.

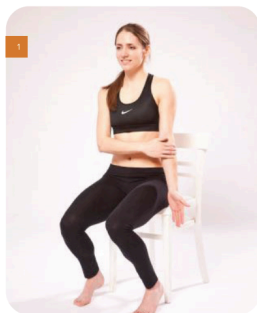
HOLD FOR (SECONDS)	REPEAT (TIMES)

Note 1: You can put a towel between the inside of your arm and your body to help you keep this position.

Note 2: To keep this as an early exercise gently push to only 30 % of your maximum resistance.

EARLY	INTERMEDIATE	ROM	S	P	C	KC
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ISOMETRIC ABDUCTION



In sitting, affected arm straight by your side. Place the unaffected hand on the outside of the affected forearm and gently push against it.

HOLD FOR (SECONDS)	REPEAT (TIMES)

Note 1: You can put a towel between the inside of your arm and your body to help you keep this position.

Note 2: To keep this as an early exercise gently push to 30% of your maximum resistance.

EARLY	INTERMEDIATE	ROM	S	P	C	KC
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ISOMETRIC FLEXION



In sitting, affected arm straight by your side. Place the unaffected hand on the front of the affected forearm and gently push against it.

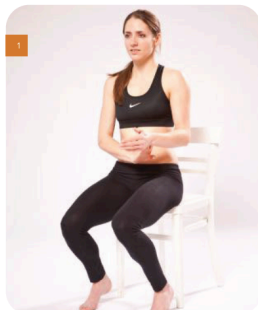
HOLD FOR (SECONDS)	REPEAT (TIMES)

Note 1: You can put a towel between the inside of your arm and your body to help you keep this position.

Note 2: To keep this as an early exercise gently push to 30% of your maximum resistance.

EARLY	INTERMEDIATE	ROM	S	P	C	KC
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ISOMETRIC INTERNAL ROTATION



In sitting, affected arm at the side of your body, elbow bent to 90°. Place the unaffected hand on the inside of the affected forearm and gently push against it.

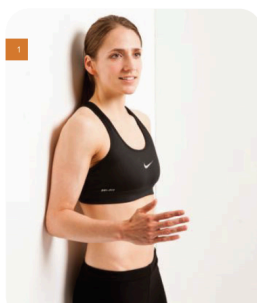
HOLD FOR (SECONDS)	REPEAT (TIMES)

Note 1: You can put a towel between the inside of your arm and your body to help you keep this position.

Note 2: To keep this as an early exercise gently push to 30% of your maximum resistance.

EARLY	INTERMEDIATE	ROM	S	P	C	KC
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ISOMETRIC EXTENSION



Stand against a wall, with good posture. Affected arm by side and elbow bent to 90°. Push elbow gently against wall.

HOLD FOR (SECONDS)	REPEAT (TIMES)

Note: To keep this as an early exercise gently push to less than 30% of your maximum resistance.

EARLY	INTERMEDIATE	ROM	S	P	C	KC
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