

## Level 5 Shoulder Exercises

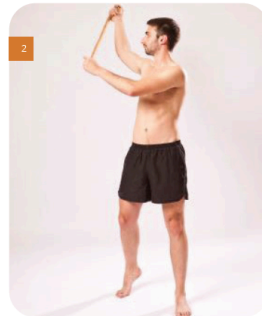
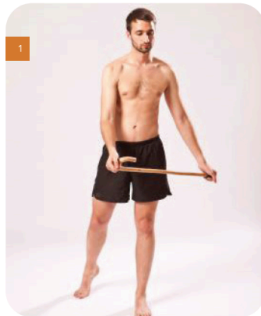
WATCH  
ON YOUTUBE



SHOULDER EXERCISES

### COMBINED ABDUCTION AND EXTERNAL ROTATION WITH STICK IN STANDING

LATE ROM S P C KC



In step standing, holding a stick in both hands. Take your affected arm out to the side and up to 90°. Use the stick to apply gentle pressure at the end of the movement. Let your weight transfer from the front leg to the back leg as you progress through the movement.

HOLD FOR (SECONDS)	REPEAT (TIMES)

### PECTORALIS STRETCH ON PLINTH

LATE ROM S P C KC



Adaptation:



Lay on your back on the bed with your legs bent and head supported. Take your arm out to the side of your body so that your arm and elbow are both bent to 90°. Let gravity take your arm towards the floor and feel a stretch across the front of your shoulder.

HOLD FOR (SECONDS)	REPEAT (TIMES)

Adaptation:

Let your arm come up higher (approximately 120°) before you let gravity take the arm back towards the floor.

HOLD FOR (SECONDS)	REPEAT (TIMES)

### FULL PLANK WITH A HAND SLIDE

LATE ROM S P C KC



Place a loop of resistance band around your wrists. Go into a full plank position with your hands beneath your shoulders maintaining good scapula control. Slide your affected arm away from your body as instructed by your therapist. Repeat using other arm.

REPEAT (TIMES)

#### CLINICIAN NOTES:

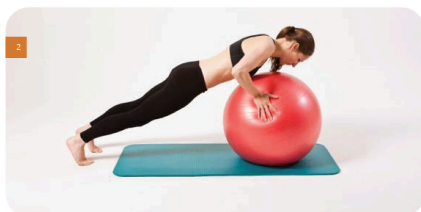
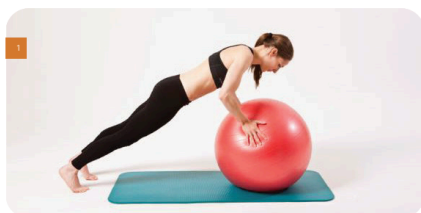
Closed kinetic chain exercises are a valuable tool in improving neuromuscular control of the shoulder. Increasing load will increase activation levels and increase proprioceptive value. The elastic band is used to reinforce activation of the posterior cuff during elevation.

Closed chain exercises moving into risk positions after stabilisation surgery can be very useful to increase confidence and emphasise the stability function of the rotator cuff.

Refs: Tucker et al 2010, Wattanaparakornkul et al 2011

## PUSH UP ON THE SWISSBALL

LATE ROM S P C KC



In a high plank position, both hands on the ball and both feet on the floor. Keep your body in a straight line. Try not to dip your chest in this exercise. Slowly lower your body to the ball by bending your elbows, keeping the ball still. Then push against the ball by straightening your arms into the push up position.

REPEAT  
(TIMES)

## Adaptation:

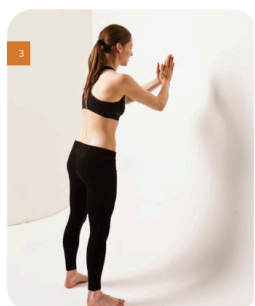
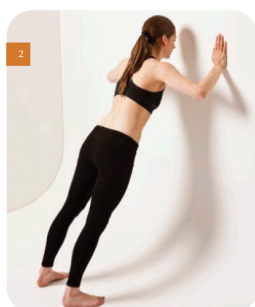
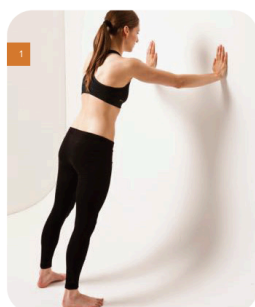
Easier version is to place ball against a wall for more stability.

## Tip:

Ensure good neck posture throughout the movement and maintain scapula control

## PLYOMETRIC WALL PRESS UP

LATE ROM S P C KC



Stand feet hip width apart with your hands on the wall. Maintain a good posture and scapula control throughout the exercise. Bend elbows to 90° lowering your body to the wall, then push back quickly and clap your hands before they are placed back on the wall.

REPEAT  
(TIMES)

## CLINICIAN NOTES:

Plyometric shoulder exercise programs have been shown to enhance proprioception and kinesthesia.

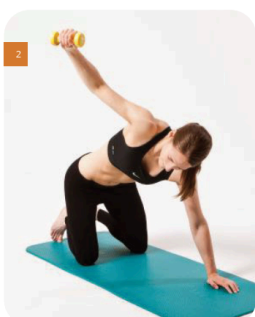
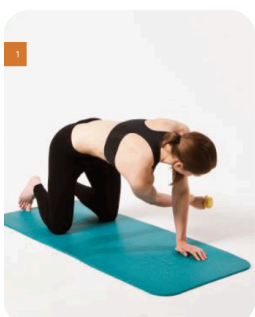
Altering the start position can influence upper limb recruitment patterns. One legged wall push up increases serratus anterior activity compared to bipedal - the difference is greatest when wall push up is on the contralateral leg to the affected shoulder.

The dynamic wall press is a feature of exercise programmes that report successful outcomes in the treatment of shoulder instability.

Ref: Bateman et al 2015, Swanik et al 2002, Maenhout et al 2015

## THREAD THE NEEDLE WITH WEIGHT

LATE ROM S P C KC



In 4 point kneeling with a weight in the affected hand "thread" the arm holding the weight underneath your supporting arm, letting your body twist as you do so. Keep your weight as evenly distributed as possible on your supporting limbs. Once you have reached as far as you can go, take the weighted arm back and lift it behind you as far as you comfortably can, letting your body twist in the other direction.

REPEAT  
(TIMES)