



Level 2 Shoulder Exercises

DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions of each exercise 4 times a day.

ISOMETRIC SHOULDER STRENGTHENING

Isometric external rotation

Isometric abduction

Isometric flexion

Isometric internal rotation

Isometric extension

The idea of these exercises is to activate the muscles **WITHOUT** excess force or movement

Think of them as a gentle prolonged squeeze of the muscles

Hold the gentle squeeze for 15 to 90 seconds