

## Level 2 Shoulder Exercises



WATCH ON  
 YouTube

### ISOMETRIC EXTERNAL ROTATION

EARLY

INTERMEDIATE



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.

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.

### ISOMETRIC ABDUCTION

EARLY

INTERMEDIATE



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

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.

## ISOMETRIC FLEXION

EARLY

INTERMED



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

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.

## ISOMETRIC EXTENSION

EARLY

INTERMED



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

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

## ISOMETRIC INTERNAL ROTATION

EARLY

INTERMED



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.

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.