



Level 4 Shoulder Exercises

DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions of each exercise 4 times a day.

The aim of this phase is to gain further range of motion and strength.

The strengthening exercises target the whole upper limb rather than isolating specific muscles.

Isolated targeted strengthening of muscles (eg biceps curl and chest press) are to be avoided at this point.

LEVEL 4 RANGE OF MOTION EXERCISES

Continue with any Level 3 exercises you are struggling with and increase the stretch

Add the following:

Pulleys

Sleeper Stretch

Hand Behind Back Hold Relax

4 Point Kneeling Into Superman

LEVEL 4 STRENGTHENING EXERCISES

Continue with any Level 3 exercises you are struggling with and increase the load

Add the following:

Elevation and External Rotation With Band Into Lunge

Lawnmower with Resistance Band