



Level 5 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 get the upper limb ready for return to all activities

A tailored Return to Sports Programme can be added.

Patients with lower functional requirements may not require this stage.

LEVEL 5 RANGE OF MOTION EXERCISES

Continue with any Level 3 or 4 exercises you are struggling with and increase the stretch

Add the following:

Combined Abduction External Rotation With Stick

Pectoralis Stretch On A Plinth

LEVEL 5 STRENGTHENING EXERCISES

Continue with any Level 3 or 4 exercises you are struggling with and increase the load

Add the following:

Full Plank With Hand Slide

Push Up On Swiss Ball

Plyometric Wall Push Up

Thread The Needle With Weight

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

Isolated strengthening is also permitted (eg biceps curl; chest press).