

Shoulder Programme

Tick the required exercise below

1. Pendular exercise



- Bend forward at the waist, placing your uninjured hand on a table for support.
- Rock body in a circular pattern to move your arm clockwise 10 times, then counterclockwise 10 times.
- Keep your arm relaxed during the exercise. The circular pendular movement **should** occur from your shoulder joint. Do repetitions

2. Ball wall walk



- Holding a ball in both hands, place the ball against a wall in line with your face
- Slowly roll the ball up the wall as far as you can go, then slowly roll the ball back towards your face. Repetitions

3. Towel Pulleys



- Hang a towel over a door and hold on to either side.
- While holding the towel lower one arm down to hip height or as far as the towel allows you.
- Then pull the opposite side allowing your shoulders to move up and down in a smooth motion. Repetitions

4. Forward elevation



- Lying on your back, clasp both of your hands together and lift both arms above your head.
- Keep your elbows as straight as possible.
- Keep your elbows at the elevated position for seconds, and then slowly lower your arms. Repetitions

5. Isometric extension



- Stand with your back against a wall and arms straight at your sides.
- Keeping your elbows straight push your arms back into the wall. How for then relax. Repetitions

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6. Isometric flexion



- Stand in front of a wall and place your arm slightly in front of your body.
- Have your fist touching a wall, try and lift your arm upwards against the resistance of the wall.
- Hold for seconds

7. Isometric abduction



- Stand side on to a wall; place your hand on the wall with your arm straight by your side.
- Try and push your arm out to the side against the wall.
- Hold for seconds

8. Isometric Internal rotation



- Stand at a corner of a wall or in a door frame.
- Place your injured arm against the wall or door frame with your elbow bent, push your hand into the wall and hold for seconds and repeat times.

9. Isometric External rotation



- Stand with your injured shoulder against a wall, with your elbow bent.
- Push the back of your hand slowly into the wall.
- Hold for seconds and repeat times.

10. Scapula setting



- A. Sit on a chair or on the edge of the bed
- Place your fingers on your shoulders
- Roll your shoulders back
- Glide your shoulder blades down and together at the back
- Hold this posture for Seconds
- Repetitions
- B. You can progress this by lying on your tummy with your arms by your side, palms facing up and lifting them off the bed.

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