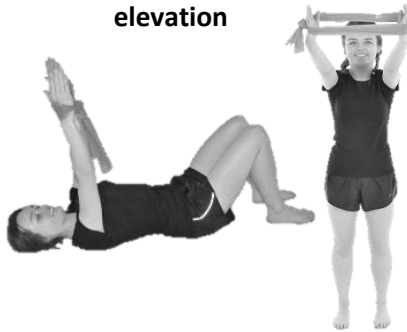


Advanced Shoulder Programme

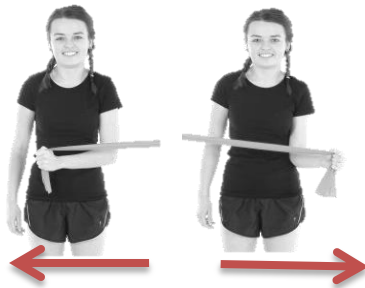
Tick the required exercise below

1. Combined abduction/elevation



- A. Tie your theraband in a loop, place around wrists.
- Lying on your back with your arms held out straight in front, push out into the band and lift your arms up.
- Then slowly bring your arms back down.
- Keep pushing out throughout the movement
- B. Do the same but in standing you can start against a wall.
- C. If you can, progress this by completing a squat against the wall at the same time. Repetitions

2. Internal/external Rotation



- **Internal Rotation** – Tie theraband to a door handle/something sturdy.
- Stand/sit with your elbow tucked into your side.
- Move your hand in towards your tummy and then slowly back out.
- **External rotation** – stand/sit, either tie to door or Hold theraband in both hands.
- Keep your elbows tucked into your sides
- Move your hand out away from your body and slowly back in keeping your elbow tucked into your side at all times. Repetitions

3. Shoulder Shrugs with progressions



- A. Standing with your arms by your sides
- Shrug your shoulders and move your arms out to the side. Repetitions
- B. Add small weights in your hands, or hold a theraband in-between both hands.
- Complete times shoulder shrugs.

4. Scapula protraction/retraction



- A. Place your forearms/hands on a wall
- Squeeze your shoulder blades back and down
- Then arch your back and spread your shoulder blades apart as far as you can.
- B. do the same on your hands and knees
- C. With feet on a gym ball. Repetitions

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5. Wall press/Press up



- A. Place both hands on a wall directly beneath your shoulders
- Slowly bend your arms so your chin moves towards the wall
- Slowly push your arms straight
- B. Do the same on your hands and knees
- C. On your hands and feet.
- D. on a gym ball. Repetitions

6. Superman



- Start on your hands and knees. Have your hands under your shoulders and your knees hip width apart.
- Take a deep breath in and breathe out tightening your tummy muscles. Keep your back flat.
- Lift one arm out straight ahead. Try to keep everything else very still. Repeat on the other side. If this gets easier try opposite arms and leg. Hold for seconds

7. Shoulder Bridge



- A. Lie on your back with your knees bent and arms down on the floor. Take a deep breath in and as you breathe out tighten your tummy muscles. Lift your bottom up to make a bridge.
- B. Progress this by lifting your arms straight above your head once in your bridge
- Lower your bottom and finally your arms.
- C. Complete exercise 1A. Whilst holding your bridge. Hold for seconds

8. Arm openings



- Lie on your side with your knees bent.
- Hold both arms straight out in front of you at shoulder height with one arm resting on the other.
- Breathe in and raise the top arm keeping it straight, follow your arm with your head and neck
- Breathe out and follow your arm all the way to the floor.
- Breathe in and start to bring your arm back to the ½ way point and finally breathe out as you lower your arm back on top of the other one. Repeat times
- Then roll onto your other side and repeat.

