SHOULDER STRETCHES

• Complete each exercise for 3 lots of 10 repetitions in each direction (with a brief rest between each lot).
• Repeat twice per day

1. Arm Swings
   a. Forwards / Backwards
   b. Left / Right
   c. Circles Clockwise / Anticlockwise

2. Crawl / Slide up the wall

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3. Use a stick to assist movement

a) up/forwards

b) up/sideways

c) turning out

See a physiotherapist for guidance on progression of exercises

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