SHOULDER STRENGTHENING

Complete each exercise for 3 lots of 10 repetitions, once a day

1. Rotation Isometric holds.
   a. Tuck elbow into side and hold it in.
   b. Attempt to turn affected shoulder / arm OUTWARDS against the resistance of your other hand
   c. Hold for 5 seconds
   d. Repeat for 3 lots of 10 times
   e. Swap hand position and resist turning the arm INWARDS instead
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2. Progress to using an elasticised band (or stockings) with a knot in one end put on the other side of a closed door.
   a. To make harder, step further away from the wall or use a stiffer band

3. Rowing Movement

See a physiotherapist for guidance on progression of exercises

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.