

# SHOULDER STRENGTHENING

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

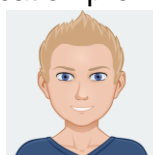
## 1. Rotation Isometric holds.

- 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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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.



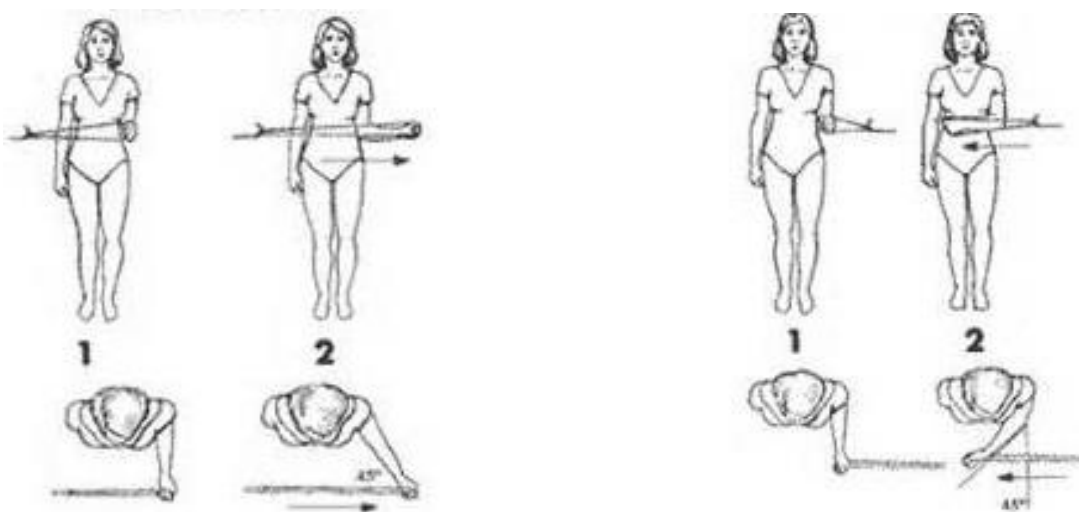
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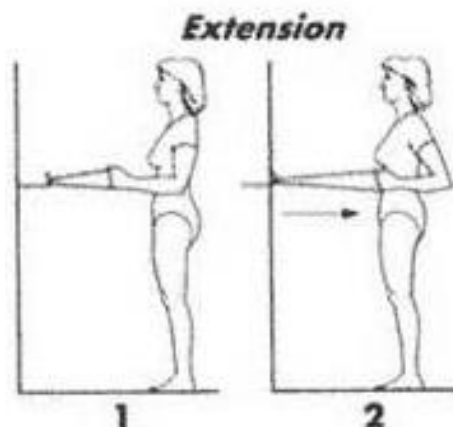
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2. Progress to using an elasticised band (or stockings) with a knot in one end put on the other side of a closed door.
  - a. To make harder, step further away from the wall or use a stiffer band



## 3. Rowing Movement



See a physiotherapist for guidance on progression of exercises

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