

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

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.



THE EMERGENCY PHYSIO

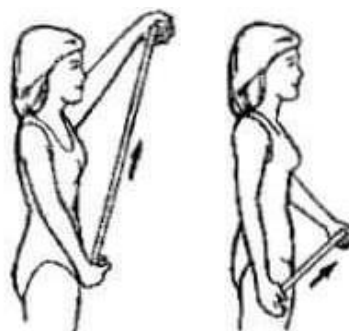
ORTHOPAEDIC RESOURCES FOR CLINICIANS WORKING IN THE EMERGENCY DEPARTMENT

the.emergencyphysio.com

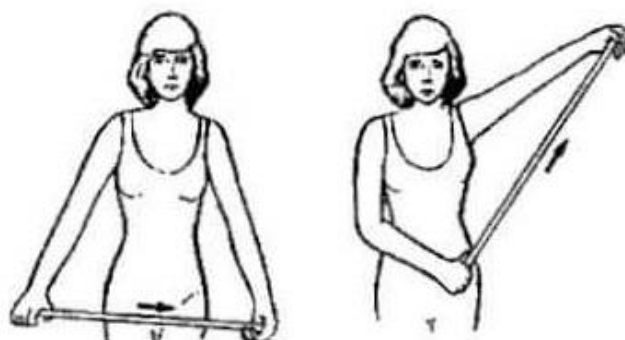
SHOULDER STRETCHES

3. Use a stick to assist movement

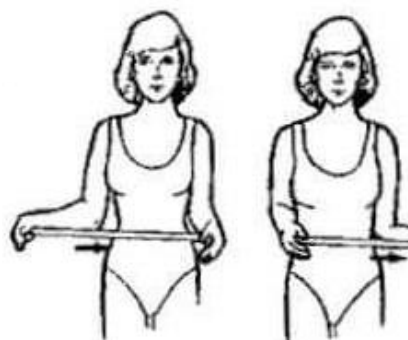
a) up/forwards



b) up/sideways



c) turning out



See a physiotherapist for guidance on progression of exercises

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.



THE EMERGENCY PHYSIO

ORTHOPAEDIC RESOURCES FOR CLINICIANS WORKING IN THE EMERGENCY DEPARTMENT

the.emergencyphysio.com