

JUNE 23, 2021

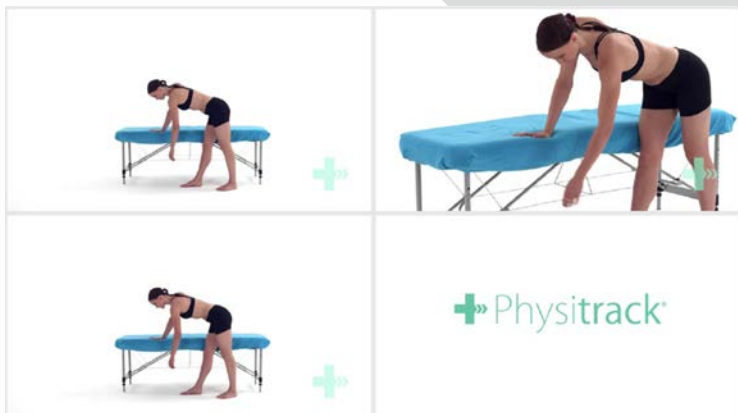
**SHOULDER
+
ROTATOR
CUFF**

**15 EXERCISES
TO GET YOUR
SHOULDERS MOVING
PAIN-FREE**



EASTHILL
PHYSIOTHERAPY
+ ACUPUNCTURE

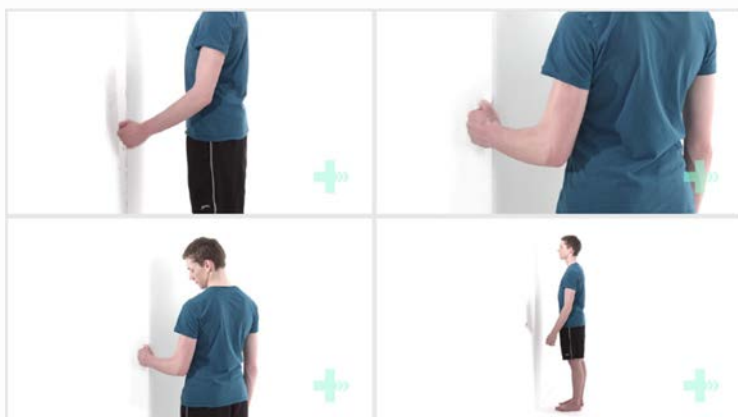
1 "PENDULUM" SHOULDER PROM MOVING BODY TO GENTLY SWING ARM, LEANING FORWARD ON TABLE; 02



1 SET / 4 REPS / 10 S HOLD

- Lean onto a table with your good arm, letting your affected arm dangle forwards in front of you.
- Using gentle movements of the body, let this arm swing backwards, forwards, side to side, and in circles.
- The more you lean your body forwards, the more you will exercise the arm.

2 SHOULDER INTERNAL ROTATION STRENGTHENING ISOMETRIC, FIST AGAINST WALL, STANDING



3 SETS / 10 REPS / 5 S HOLD

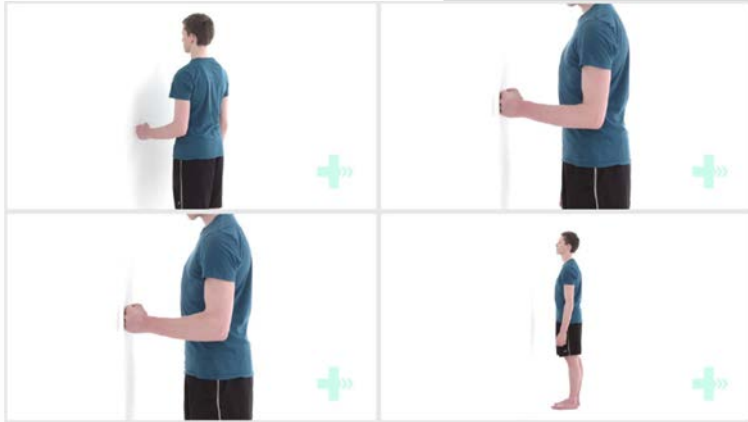
- Sit or stand up straight next to a wall or door frame.
- Keep your affected arm by your side and bend your elbow to 90 degrees.
- Place the inside of your wrist against the wall.
- Without moving your body, press firmly into the wall as if turning your hand in towards your stomach.
- Do not allow your upper arm to drift too far away from your side.
- Hold this position, and then relax.

3 SHOULDER EXTERNAL ROTATION STRENGTHENING ISOMETRIC, ARM AGAINST WALL, TO SIDE, STANDING; 02

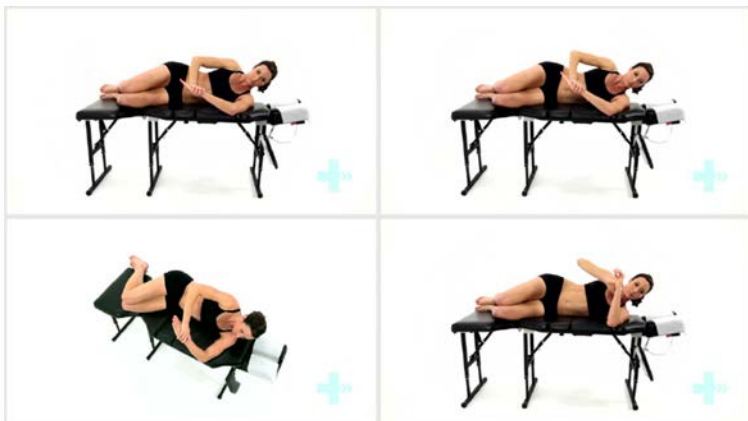


3 SETS / 10 REPS / 5 S HOLD

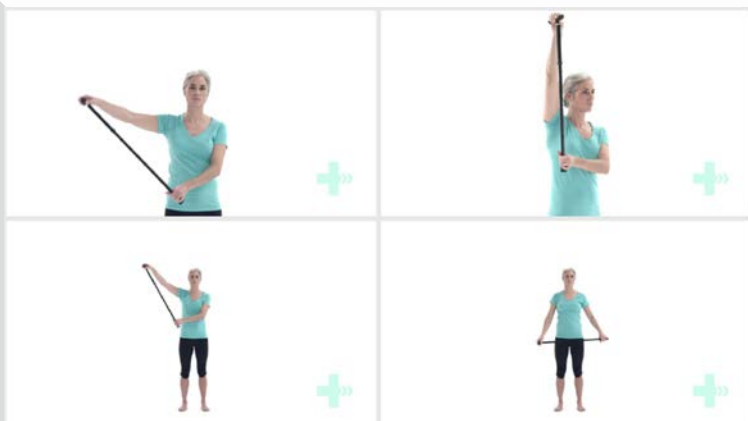
- Sit or stand up straight next to a wall.
- Keep your affected arm by your side and bend your elbow to 90 degrees.
- Place the back of your wrist against the wall.
- Without moving your body, press your wrist into the wall as if turning your forearm outwards.
- Hold this position and then relax.

4**SHOULDER FLEXION STRENGTHENING ISOMETRIC, FIST AGAINST WALL, STANDING****3 SETS / 10 REPS / 5 S HOLD**

- Sit or stand up straight facing a wall.
- Keep your affected arm by your side and bend your elbow to 90 degrees.
- Place your fist against the wall.
- Without moving your body, press your fist into the wall.
- Hold this position and then relax.

5**"SLEEPER STRETCH" SHOULDER EXTERNAL ROTATORS/POSTERIOR CAPSULE STRETCH, SIDE-LYING****1 SET / 4 REPS / 15 S HOLD**

- Lie on your affected side, with the arm out in front and elbow bent to 90 degrees.
- Place your other hand on the back of your wrist, and push down to rotate the forearm.
- Make sure you do not hunch your shoulder up.
- You will feel a stretch over the back and top of the shoulder.

6**SHOULDER ABDUCTION AAROM, WITH STICK, PALM NEUTRAL, STANDING****3 SETS / 10 REPS / 15 S HOLD**

- Hold a stick in both hands and hold it in front of you.
- Push across your body with your good arm, lifting your affected arm out to the side.
- Be careful not to hunch your shoulders up or twist your body around.
- Control the movement back down carefully.

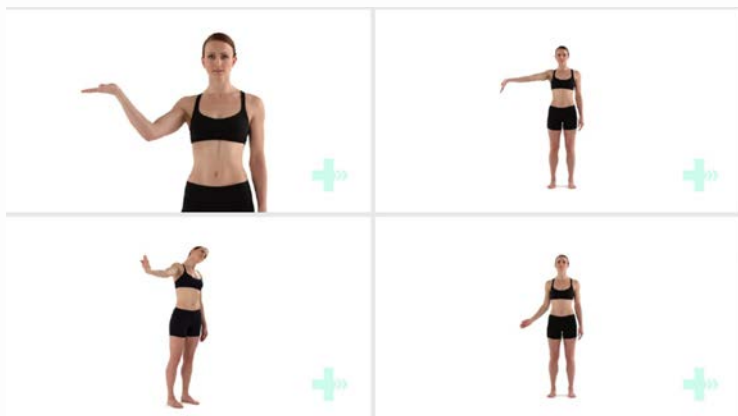
7 SHOULDER FLEXION TO 180° AAROM, WITH STICK, SITTING BACK TO WALL



3 SETS / 10 REPS / 15 S HOLD

- Sit or stand upright with your back to a wall.
- Hold a stick vertically in both hands with the hand of your affected arm on top of the stick.
- Place your other hand further down.
- Keeping your posture straight and your shoulders back and down, push your affected arm up towards the ceiling.
- Attempt to reach this arm to the wall.
- Hold this position, ensuring you relax your affected shoulder, preventing it from hunching up.
- Control the movement as you lower it back down to the starting position.

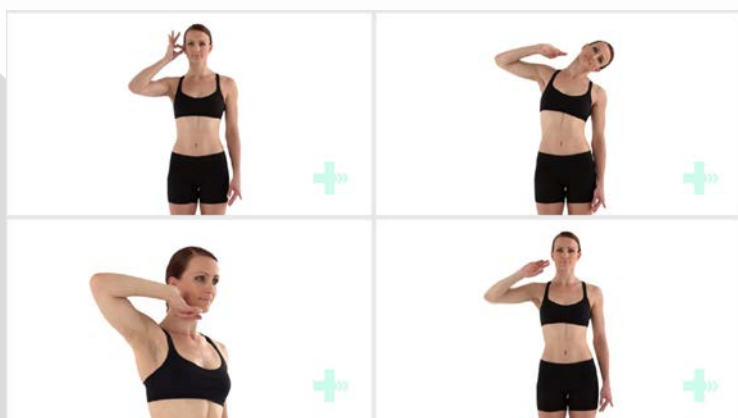
8 'NEURODYNAMICS' MEDIAN NERVE (TRAY) - CERVICAL SIDE BENDING, WRIST FLEXION/EXTENSION



2 SETS / 10 REPS

- Stand with your affected hand out to the side as though you are holding an imaginary tray.
- Slowly begin to extend this arm to the side, keeping your wrist extended, until you reach the point of tension.
- Do not push any further.
- At this point, lift your wrist up, and tilt your head away from this arm, then extend your wrist again as you bring your head back to the central position.
- Continue this action in one fluid movement.

9 "NEURODYNAMICS" "OK" ULNAR NERVE - CERVICAL SIDE BENDING; 01



2 SETS / 10 REPS

- Stand upright and make a circle between the thumb and index finger of your affected arm.
- Hold this hand up by your ear and then rotate your fingers away from you towards your little finger.
- Start to bring your bent elbow out to the side and then bring the palm of your hand towards the side of your face until you reach the point of tension.
- Do not push any further.
- At this point, tilt your head away from this side, whilst simultaneously moving your hand away from the side of your head.
- As you lift and move your head back to the centre, bring your hand back to the side of your face.
- Perform this exercises in one fluid movement.

10

SCAPULAR RETRACTION STABILIZATION, PRONE-M, LIFTING ARMS, PALMS DOWN



3 SETS / 10 REPS / 1 S HOLD

- Lie on your front with your forehead rested on a small towel.
- Keeping them straight, move your arms out from your sides a little.
- Your palms should face the floor.
- Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.
- Hold this position.
- Relax and repeat.

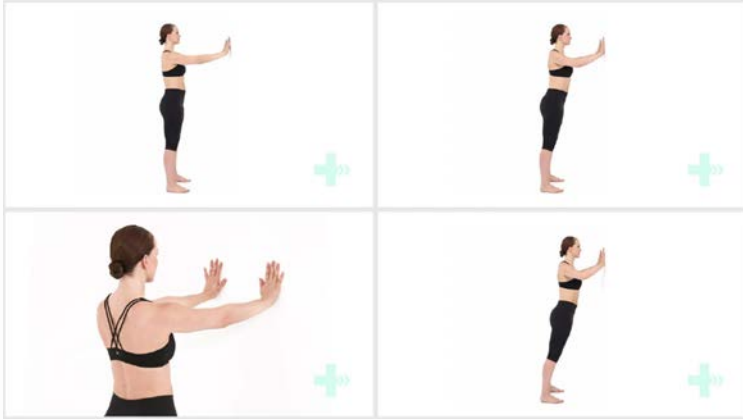
11

SHOULDER EXTERNAL ROTATION STRENGTHENING, INTO ELBOW EXTENSION, WITH BAND, STANDING

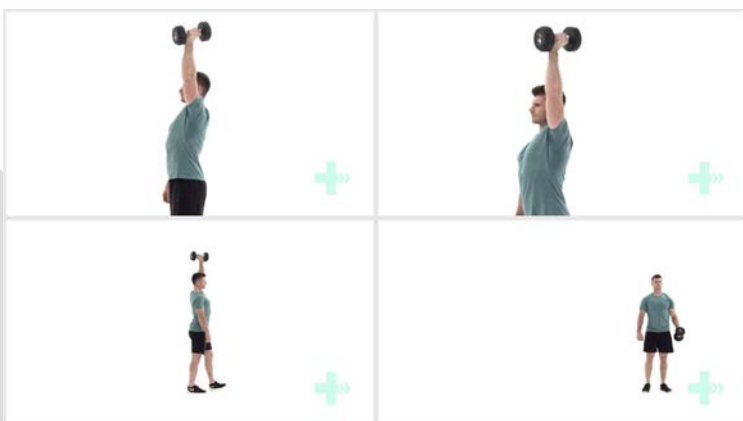


3 SETS / 10 REPS / 1 S HOLD

- Sit or stand up straight.
- Hold a long piece of resistance band in each hand.
- Ensure you loop it around both thumbs before you wrap it around both hands.
- Bend your elbows to 90 degrees with your palms facing down.
- Start by rotating your palms up and spreading your thumbs and fingers wide.
- Relax your shoulder blades gently back and down while turning your forearms outwards, keeping your elbows by your side.
- Extend your wrists backwards as you spread your fingers and thumbs even more.
- Now start to extend your elbows, straightening your arms diagonally out to your sides and backwards.
- Continue to squeeze your shoulder blades throughout this movement.
- Slowly return to the starting position, reversing the steps.
- Bring your elbows to your sides, rotate your forwards to the middle, relax your fingers then finally turn your palms back down.

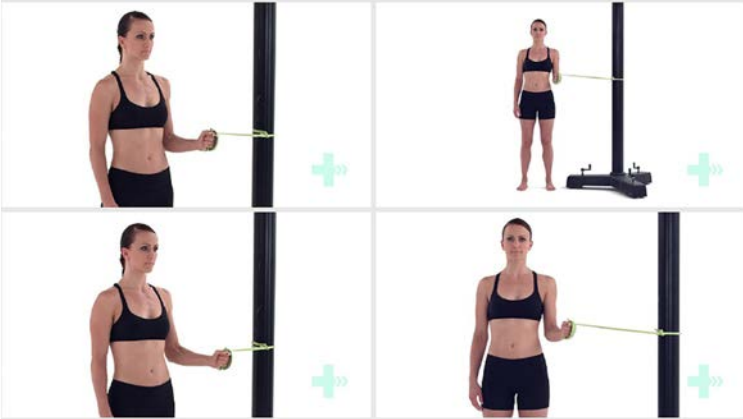
12**"PUSH UP PLUS, WALL " CHEST/SHOULDER STRENGTHENING INTO SCAPULA PROTRACTION - HOW TO****3 SETS / 10 REPS**

- Stand up straight facing a wall.
- Place your hands onto the wall around shoulder height but slightly wider.
- Your fingers should point directly up to the ceiling.
- Maintain a straight line from the top of your head to your heels.
- You should feel your abdominal, buttock and thigh muscles tighten to help control this.
- Drive the heels of your hands into the wall, flattening your shoulder blades against your back.
- Your neck should remain long so ensure you do not hunch your shoulders up.
- Next, bend your elbows out to the side, pivoting on the balls of your feet as you move your body in one straight line in towards the wall
- Keep your abdominal, buttock and thigh muscles strong throughout.
- Straighten your arms out again, lifting your body away from the wall.
- As you straighten, think about driving the heels of your hands into the wall again to flattening your shoulder blades against your back.

13**"LOADED CARRY, OVERHEAD" CORE/TOTAL BODY STRENGTHENING, WITH DUMBBELL****3 SETS / 4 REPS / 2 LBS WEIGHT**

- Raise your arm up above your head and keep it straight.
- Make sure your shoulders are pressed down and back.
- Walk, steadying the weight above your head as you move forward

14 SHOULDER INTERNAL ROTATION STRENGTHENING, WITH BAND (MID), ARM AT SIDE, BENT, STANDING; 01



3 SETS / 10 REPS

- Stand upright and tie a resistance band to a solid object beside you.
- Hold the other end in your affected hand with some tension in the band.
- Bend your affected elbow to a right angle.
- Keep your shoulder blades back and down, and rotate the arm inwards, keeping your elbow loosely by your side and your shoulder blades in a good position.
- Control the movement back to the start position.

15 SHOULDER EXTERNAL ROTATION STRENGTHENING ECCENTRIC, WITH BAND, TO SIDE, STANDING



3 SETS / 10 REPS

- Stand upright with your good side nearest a secured resistance band tied at waist height.
- Hold the other end in the hand of your affected shoulder with your elbow at a 90 degree angle.
- Use your other hand to turn the forearm outwards to the maximum comfortable position.
- Release the other hand and only use your affected side to slowly return to the starting position.
- Do not allow your shoulder to shrug.
- Relax and repeat.



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