Physio-logical
Your obvious choice for all your physiotherapy needs

Shoulder Exercises
Do each of the movements slowly 10 times, repeat 3 times a day.

Pendulm

- Lean forwards with support.
- Let your arm hang down
- Swing your arm
- forwards and back
- side to side
- around in circles both ways

Assisted Flexion

- Put your hands together
- Slowly lift your arms up above your head.
- You can do this exercise either sitting down or standing up.

Active Flexion

- Lift one arm straight out in front of you.
- Work your arm up towards your head slowly.

Active Extension

- Lift your arm straight back behind you and then back down by your side

Active Abduction

- Lift your arm out to the side and up
- Lead with your thumb pointing up

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Hand behind the back (Medial rotation)

- Put you hand up behind your back as far as you can.
- You can you use your other arm to support the hand.

Towel Stretch (Medial rotation)

- Hold onto a towel put you hand up behind your back as far as you can.
- Hold onto the other end of the towel with your other hand, use this hand to pull your lower hand up behind your back.

Hand behind the neck (Lateral rotation)

- Put your hand behind your neck, keeping your elbow high
- Repeat on the other side

Lateral rotation (alternative method)

- Stand with your elbows against your side, bent to 90 degrees.
- Keeping your elbows in position at your side , turn your hand and forearm outwards

Horizontal Flexion

- Raise your arm up to 90', keeping your elbow bent
- Next take your arm across your body reaching round past your opposite shoulder then come back taking your elbow back behind your body

Shoulder Stretch

	• Bring your arm across your body and hold it with your other arm, either above or below the elbow. • Hold for thirty seconds repeat twice, three times a day.

Pectoral Stretch

	• Stand at end of wall or in doorway • Place inside of bent arm on surface of wall and position the bent elbow at shoulder height • Walk forwards and turn body away from positioned arm. • Hold for thirty seconds repeat twice, three times a day.