

Appendix 10

Shoulder exercises: Home programme

Aide memoire

Your physiotherapist will tell you which of these exercises you need to do, how many times and how often, and give you detailed instructions. The exercises should never hurt.

1. Stabilising exercises

The idea is to get your shoulder used to supporting you in less & less stable positions. Keep gently moving your bodyweight to "activate" the stabilising muscles around your shoulder.

Sitting

Notes:



Standing

Notes:



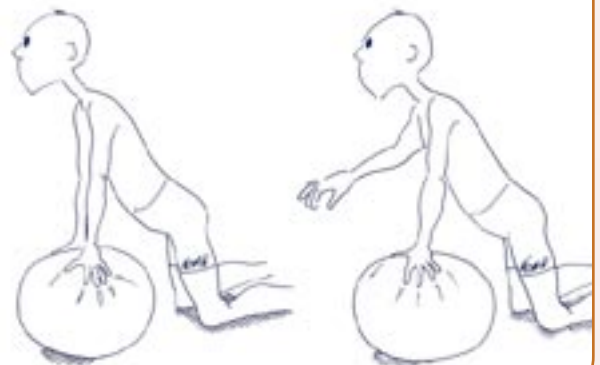
Kneeling

Notes:



With a ball (2-handed) With a ball (1-handed)

Notes:



2. a) Starter strengthening exercises
b) Stretching exercises

You'll need stretchy exercise band to do the first 2 exercises. Your physiotherapist will give this to you.

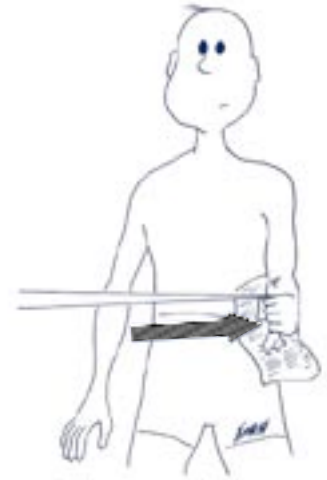
Strengthening exercise 1

Notes:



Strengthening exercise 2

Notes:



Stretching exercise 1

Notes:



Stretching exercise 2

Notes:



3. More advanced strengthening exercises

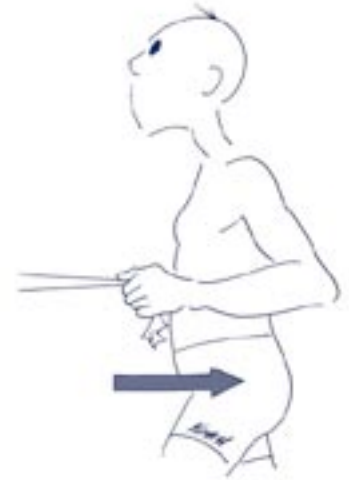
Forward Flex

Notes:



Rowing

Notes:



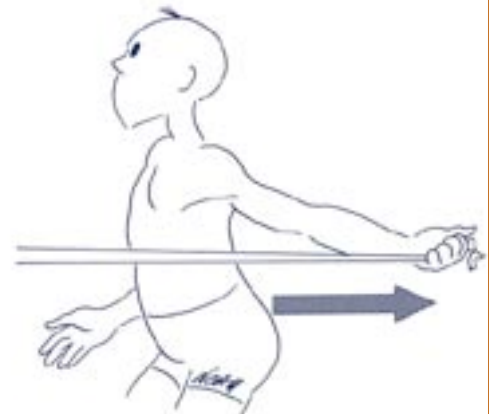
Thumb-down lift

Notes:



Hitch-hike

Notes:



"Push up"

Notes:



Rounding shoulders

Notes:

