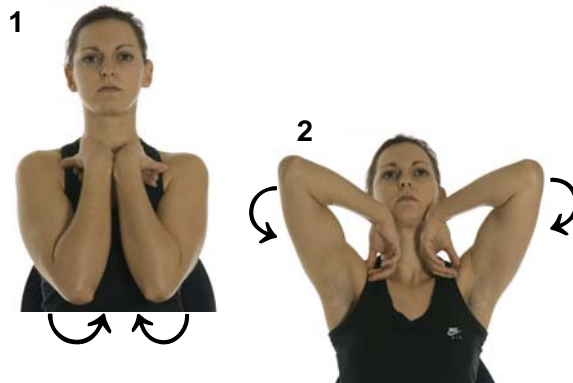


Mobilising

- 1) Arms relaxed, circle your shoulders by shrugging the shoulders up, then drawing them back, down and forward.
- 2) You can also circle in the opposite direction; up, forward, down and back.
- 3) Repeat 10 -15 times in each direction


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Mobilising

- 1) Hands clasped touching your shoulders
- 2) Draw as large circles as you can with your elbows; repeat 10 - 15 times first clockwise, then anti-clockwise.


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Mobilising

- 1) Back straight arms relaxed at your sides
- 2) Raise your arms in front of you so that they are horizontal to the floor
- 3) Repeat this 10 - 20 times


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Mobilising

- 1) Back straight raise your arms out to the sides to around 45 deg.
- 2) Repeat this 10 - 20 times


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Mobilising

- 1) Back straight, raise your arms up in the air.
- 2) Repeat this 10 - 20 times


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Mobilising

- 1) Arms straight, raise them until they are horizontal with the floor and then bend them at the elbow so that your hands touch behind your neck.
- 2) Repeat this 10 - 20 times


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Mobilising

- 1) Arms straight, relaxed at your side, bend your arms at the elbows, lifting your shoulders, so that your hands can touch behind your back.
- 2) Repeat this 10 - 20 times

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Mobilising

- 1) Legs shoulder distance apart, lean over so that your arms hang loosely down
- 2) Gently swing your arms out to the sides in a pendula motion, trying to reach further out each time
- 3) Repeat this 10 - 20 times

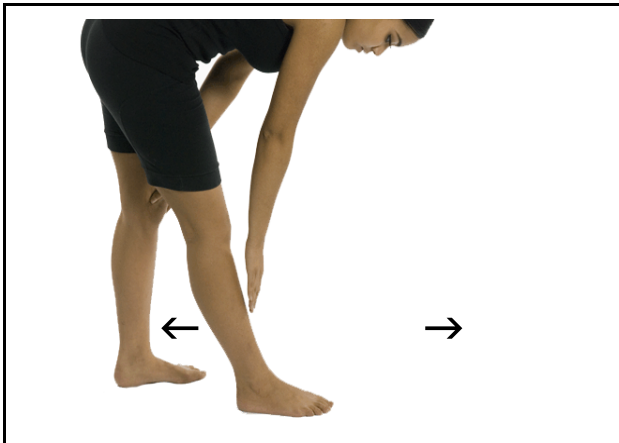
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Mobilising

- 1) Once you can swing your arms out to the sides almost to a horizontal position, on the final swing hold the arms out to a count of five
- 2) Repeat this 10 - 20 times
- 3) Progress again by holding a light weight in each hand (1 or 2 lbs.)

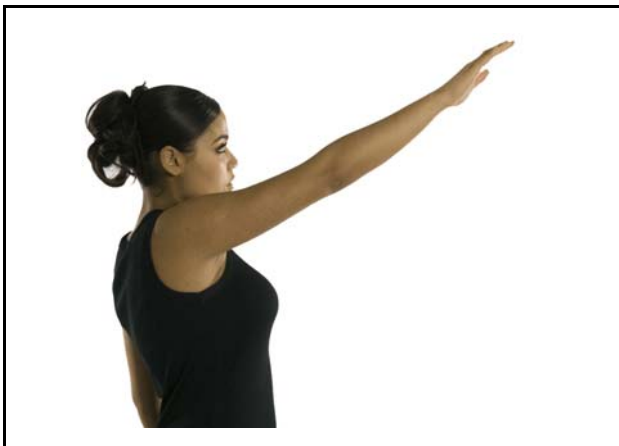
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Mobilising

- 1) With one leg in front of the other, lean over and swing the arm backwards and forwards
- 2) Repeat this 10 - 20 times
- 3) Progress to holding the arm out on the third swing to a count of five. Progress again by holding a light weight

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Mobilising

If the shoulder continues to feel stiff

- 1) Facing the wall at arms length, arms at your side, raise your arm until your fingers touch the wall and 'walk' your fingers up the wall.
- 2) Repeat this 10 - 20 times

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Mobilising

- 1) Standing sideways to the wall at arms length, arms at your side, raise your arm until your fingers touch the wall and 'walk' your fingers up the wall.
- 2) Repeat this 10 - 20 times

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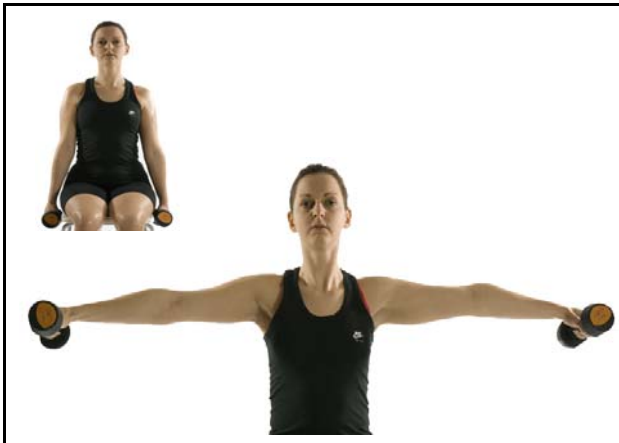


Strengthening

In a seated position start by holding a 1kg. weight in each hand and as you get stronger increase the weight by 1kg.

- 1) Back straight, holding the weights palm down resting on your thighs, raise your arms in front of you until that they are horizontal to the floor.
- 2) Repeat this 10 - 20 times

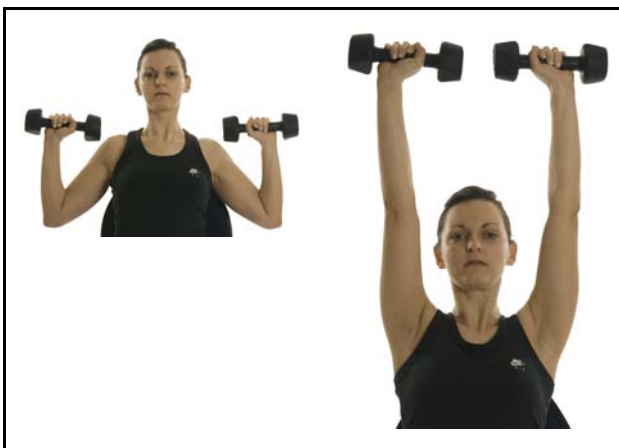
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Strengthening

- 1) Back straight, holding the weights palm down at your side, raise your arms out to the sides so that they are horizontal to the ground.
- 2) Repeat this 10 - 20 times

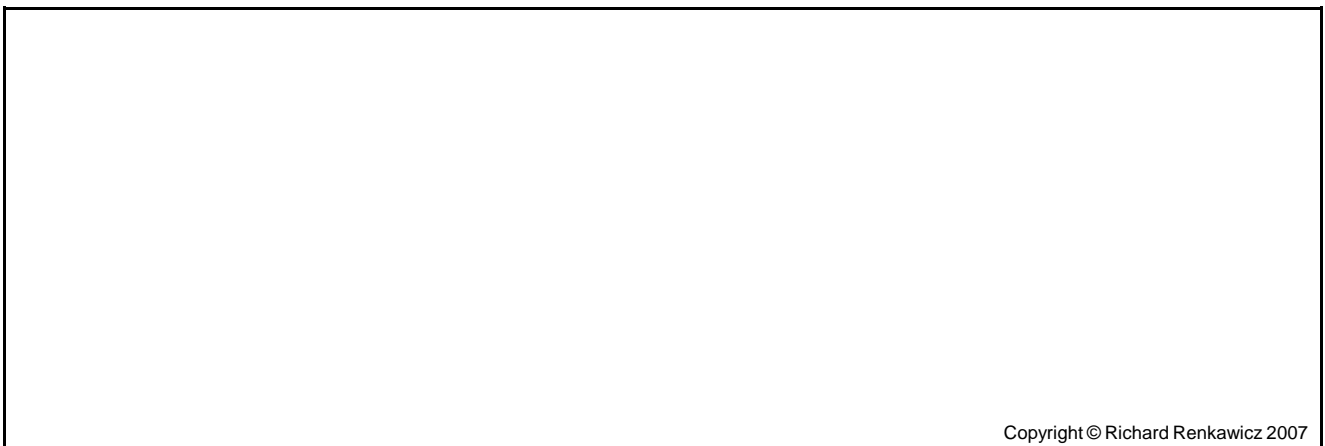
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Strengthening

- 1) Back straight, holding the weights at shoulder height, raise your arms up in the air until they are fully extended above your head.
- 2) Repeat this 10 - 20 times

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Strengthening

- 1) Lean sideways against a wall, arm straight
- 2) Keeping your arm straight, push with your arm as hard as you can against the wall and hold for 10 sec.
- 3) Repeat this 10-20 times


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Strengthening

- 1) Stand with your back against a wall, arms straight
- 2) Keeping your arm straight push with your lower arm and hard as hard as you can against the wall.
- 3) Repeat this 10-20 times


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Strengthening

- 1) Lie on your back, arms straight, holding a walking stick/broom handle so that it is resting on your thighs.
- 2) Keeping your arms straight, lift the stick above your head, stretch back as far you can, trying to rest the stick on the floor behind you.
- 3) Repeat this 10-20 times


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Strengthening

- 1) Lie on your back, with your elbows bent, holding a weight on your chest.
- 2) Lifting the weight up towards the ceiling, fully straighten your arms.
- 3) Repeat this 10-20 times


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Strengthening

- 1) Standing arms length away from the wall, put your hands flat against the wall
- 2) Bending the elbow lean forward bending at the ankles, keeping the heels down.
- 3) Push away from the wall with your arms until you are upright.
- 4) Repeat 10-20 times

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Posture

Make sure that shoulder posture is correct at all times, especially when seated, or in bed. Avoid holding your shoulders in an awkward position and carrying heavy objects on the painful side.

Sit in a chair with arm rests so that the elbows are supported helping to take the strain off your shoulder muscles (as shown).

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Fig. 1

Posture

When lying on your side, make sure the shoulder is supported (as in Fig. 1).

Avoid lying on your side with your arm tucked under your head (as in Fig. 2). Also avoid lying on the affected arm if you can.




Fig. 2

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