

'GET MOVING' - SHOULDER EXS

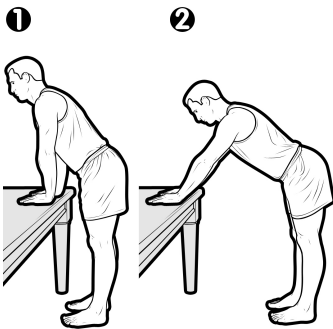


SHOULDER FLEXION - STAND OR LYING

Standing, with your hands clasped, slowly raise your arms as high as you can. Lead the movement with your unaffected arm. Hold for 3-5 secs. Repeat. To make this easier, do this lying on your back instead.

SETS & REPS: 4-6 times

FREQUENCY: 2-3 times a day



LEANING SHOULDER FLEXION

Stand with your hands on a table (1). Slowly walk your body back, bending at your waist, to flex your shoulder (2). Hold for 5 seconds and slowly return to the start position and repeat.

SETS & REPS: 4-6 times

FREQUENCY: 2-3 a day



EXTERNAL ROTATION STRETCH

Place your wrist against a door frame with your elbow bent to 90° and tucked in against your side. Slowly rotate your body away until you feel a stretch in your shoulder. Hold for 5-10 seconds.

SETS & REPS: 3-5 times

FREQUENCY: 2-3 a day

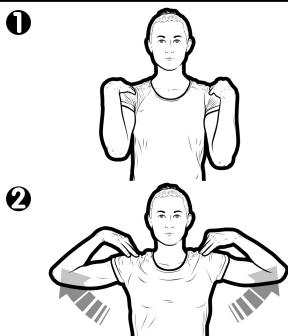


INTERNAL ROTATION STRETCH WITH TOWEL

Drape a towel over your shoulder, grasping each end, with one arm in front and one behind your body. Slowly pull your front arm down, sliding your affected arm behind your back towards your head until you feel a stretch. Hold for 5-10 seconds.

SETS & REPS: 3-5 times

FREQUENCY: 2-3 a day



SHOULDER ABDUCTION - STANDING OF LYING

Rest your fingertips on your shoulders with elbows by your side (1). Raise your elbows forwards and up until your arms reach shoulder height (2). Hold 5-10 seconds and slowly lower your arms and repeat. To make this easier, do this lying on your back instead.

SETS & REPS: 10 reps

FREQUENCY: 3 x day