

Shoulder 1

Better / looser side first

You may want to lean on table for balance
Lean forwards
Hand hanging down towards leg
Arm extended to full range
Move arm side to side



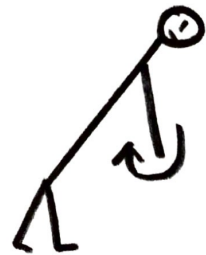
Move arm backwards & forwards



Move arm in circles
Both directions clockwise and counter clockwise



Repeat other side
Size of circles can be increased as range
of movement improves
This should be increased slowly, do not rush



Do exercise at least once per day for a week

Shoulder 2

Better / looser side first

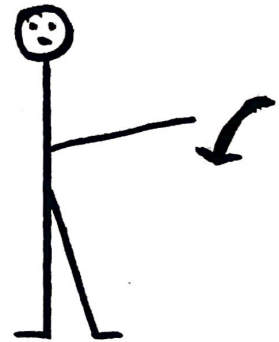
6 x times

Move arm in circle - slowly

Circle gradually gets larger

Arm extended to use full range

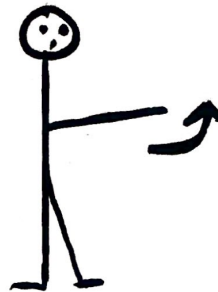
Move arm to your comfort level



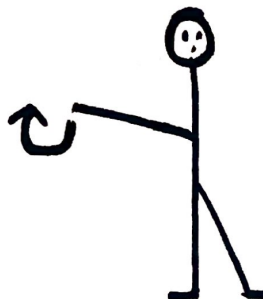
Repeat clockwise

Slowly – 1 circle

Windmill motion



Repeat on the other arm



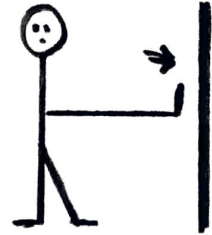
Shoulder 3

Only do this exercise if the arm can be raised comfortably to 90°

Stand 90° to wall – sideways

Palm flat to wall

Fingers must be parallel to the ground (point forward)



Walk towards arm on the wall

Turn body slowly

Only to comfort level

This movement should progress slowly

Only increasing each week



At full range only if comfortable

Your body will reach arm

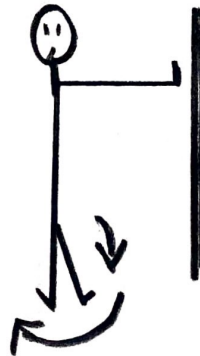
Face will be looking in the opposite direction



Slowly from whatever point your reach

Return to start position

Repeat using the other arm



These should only be done if you do not have any pain

To increase difficulty, you can go further away from start position away from hand

To increase further angle your shoulder downwards at this point

