

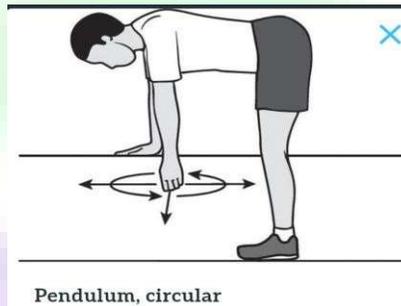
WE CARE SPORTS INJURY CLINIC

1. Pendulum, Circular

Bend forward 90 degrees at the waist, placing your uninvolved hand on a table for support.

Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Keep your arm relaxed during the exercise. The circular pendular movement should occur through your shoulder joint.

Do 3 sessions a day.

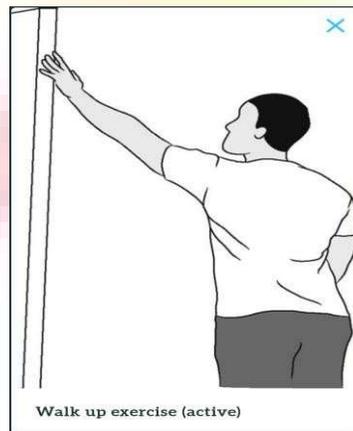


2. Walk Up Exercise (Active)

With elbow straight, use fingers to "crawl" up a wall or door frame as far as possible. Hold for 10-20 seconds.

Repeat 5-10 times per session.

Do 3 sessions a day.



WE CARE SPORTS INJURY CLINIC

3. Shoulder Forward Elevation (holdings)

Raise arm upward upto 90 degrees (parallel to the floor) keeping elbows straight and leading with your thumb, Hold for 45 seconds.

Repeat 3 times per session.

Do 3 sessions a day.

Tip: Avoid hiking or bringing up your shoulder blade. It may be beneficial to watch yourself do this exercise in front of a mirror.

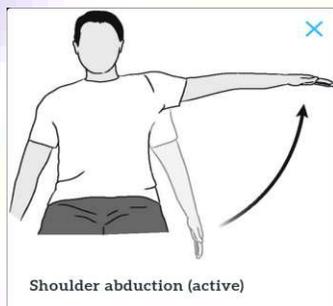
4. Shoulder Abduction (holdings)

Raise arm out to side, with elbow straight and palm downward. Do not shrug your shoulder or tilt your trunk.

Hold the position for 45 seconds

Repeat 3 times per session.

Do 3 sessions a day.



5. Rotation (Isometric)

Stand with the involved side of your body against a wall. Bend your elbow 90 degrees. Push the back of your hand slowly into the wall. Hold for 5 seconds, and then relax.

Repeat 10 times per session.

3 sessions a day.

WE CARE SPORTS INJURY CLINIC

6. Shoulder shrugs(with 4 kg dumbbells)

Move your shoulders up toward your ears, like a shrug

Drop them down

Repeat 10 times.

Do this exercise 2 times per day.



7. Shoulder squeezes (with 3kg dumbbells)

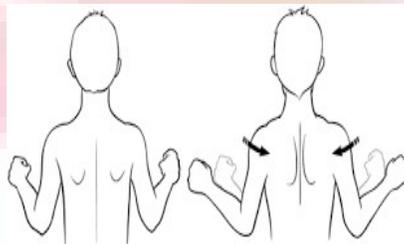
Move your shoulders backward, toward your back. Try to squeeze your shoulder blades together

Hold for 10 seconds.

Relax.

Repeat 10 times.

Do this exercise 2 times per day.



WE CARE SPORTS INJURY CLINIC

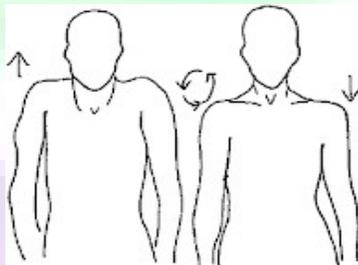
8. Shoulder circles (with 4kg dumbbells)

Roll your shoulders forward in a circle 10 times

Roll your shoulders backwards in a circle 10 times.

Relax.

Do this exercise 2 times per day.



9. Isometric shoulder external rotation :

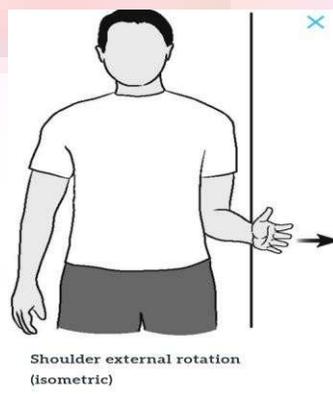
Stand with involved arm at side with hand against wall or door frame as shown.

Push hand outward.

Do not hold breath.

Maintain the contraction for 10 seconds and release.

Repeat for 10 times.



10. Isometric shoulder extension exercise

Stand facing away from wall as shown with elbow bent.

WE CARE SPORTS INJURY CLINIC

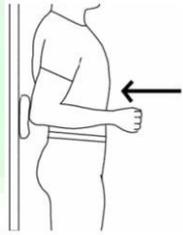
Place a pillow or towel between elbow and wall.

Push against wall.

Do not hold breath.

Maintain the contraction for 10 seconds and release.

Repeat for 10 times.



11. Crossover arm stretch

Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.

Hold the stretch for 30 seconds and then relax for 30 seconds.

Repeat with the other arm.

Tip: Do not pull or put pressure on your elbow.



12. Internal Rotation with loop band

Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.

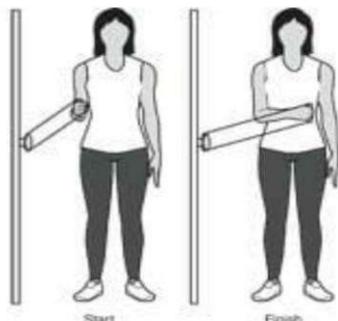
Stand holding the band with your elbow bent and at your side

WE CARE SPORTS INJURY CLINIC

Keep your elbow close to your side and bring your arm across your body. Hold for 10 seconds.

Slowly return to the start position and repeat.

Tip: Keep your elbow pressed into your side.



13. External rotation with loop band

Make a 3-foot-long loop with the elastic band and tie the ends together.

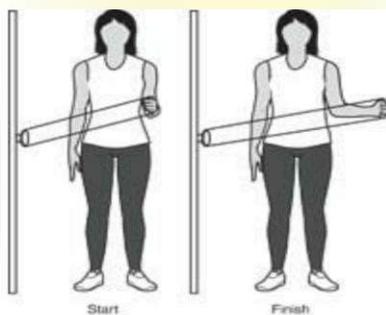
Attach the loop to a doorknob or other stable object.

Stand holding the band with your elbow bent and at your side

Keeping your elbow close to your side, slowly rotate your arm outward. Hold for 10 seconds.

Slowly return to the start position and repeat.

Tip: Squeeze your shoulder blades together when you pull your elbow back.



WE CARE SPORTS INJURY CLINIC

14. External rotation with loop band- both arms

Wrap the loop band around your wrists and hold it between, keeping elbows at 90 degrees (parallel to the floor)



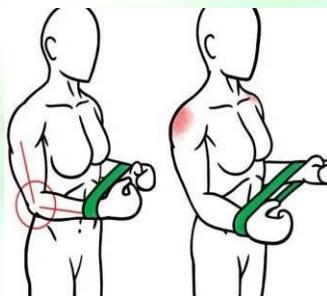
WE CARE SPORTS INJURY CLINIC

Keep your shoulders neutral and arms by the side

Gently pull the wrists apart and hold it for 10 sec

Relax. Repeat it 10 times.

Tip: Squeeze your shoulder blades together when you pull your elbow back.



15. Pectoral

stretch Stand in a corner.

Place arms at chest level on wall.

Gently step forward, keeping back straight.

Return to start position.

Hold end position for 20-30 seconds

Repeat for 5-6 times

