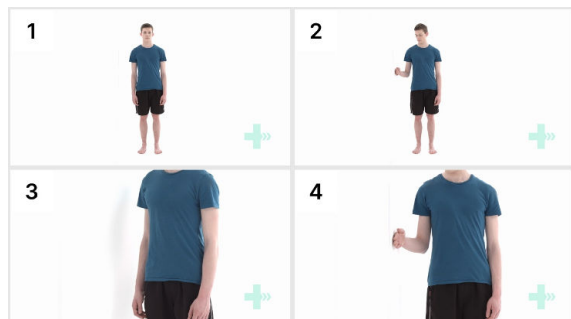




1 Set / 1 Rep / 1 s hold



1. Shoulder external rotation strengthening isometric, arm against wall, to side, standing; 02

Sit or stand up straight next to a wall.

Keep your affected arm by your side and bend your elbow to 90 degrees.

Place the back of your wrist against the wall.

Without moving your body, press your wrist into the wall as if turning your forearm outwards.

Hold this position and then relax.

1 Set / 1 Rep

2. Shoulder external rotation strengthening, with band, arm at side, standing

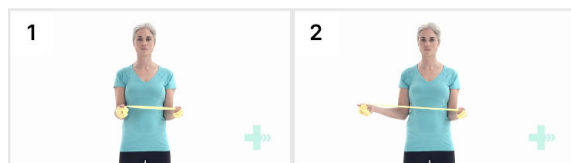
Stand in an upright position.

Hold a tensioned exercise band in both hands and bend your elbows to a right angle.

Keep your shoulder blades back and down and rotate your symptomatic arm outwards, keeping your elbow loosely by your side and your shoulder blades in a good position.

Control the movement then return back to the start position.

Relax and repeat.



1 Set / 1 Rep / 1 s hold

3. Shoulder internal rotation strengthening isometric, fist against wall, standing

Sit or stand up straight next to a wall or door frame.

Keep your affected arm by your side and bend your elbow to 90 degrees.

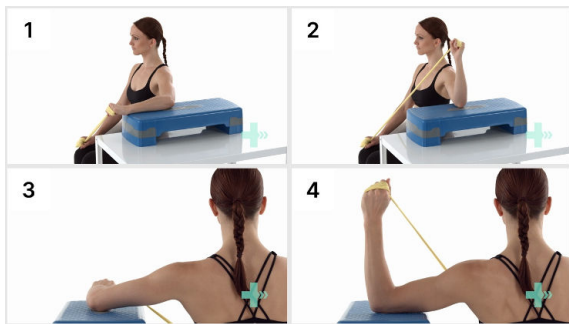
Place the inside of your wrist against the wall.

Without moving your body, press firmly into the wall as if turning your hand in towards your stomach.

Do not allow your upper arm to drift too far away from your side.

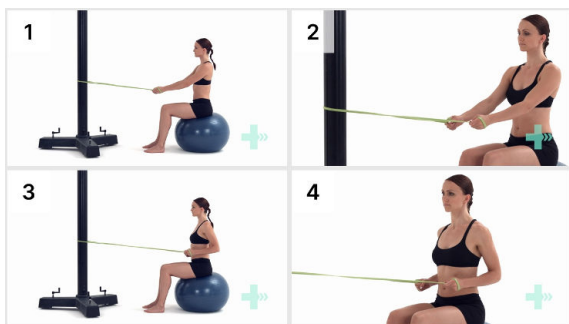
Hold this position, and then relax.





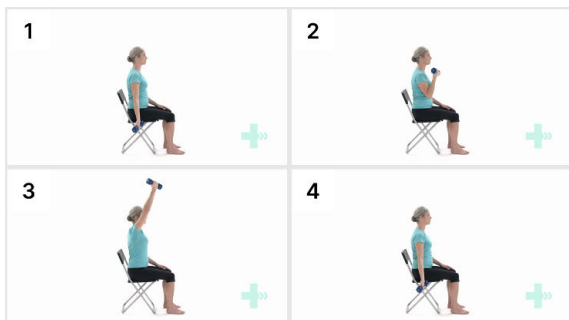
4. Shoulder external rotation strengthening, with band, arm out to side 90/90, on bench, sitting

Sit in an upright position holding a resistance band.
 Rest your symptomatic arm out to the side on a table or solid work surface.
 Your arm should be at approximately 90° to your body.
 Bend your elbow to a right angle, and hold the resistance band in your affected hand.
 Hold onto the other end of the band with your good hand and maintain some tension in the band.
 Maintaining good posture and shoulder blade control, rotate your affected arm up and down so that your forearm moves off the table from horizontal to vertical.
 Your elbow should remain at a right angle and your posture should stay straight with your shoulder blades remaining back and down.



5. "Row" Shoulder extension/scapular retraction strengthening, with band (mid), sitting on stability ball

Sit straight on a stability ball.
 Hold a resistance band in both hands, wrapped around a stable structure.
 Maintaining good posture on the ball, pull your elbows backwards, generating the movement predominantly by drawing the shoulder blades back together.
 Slowly return to the start position and repeat.



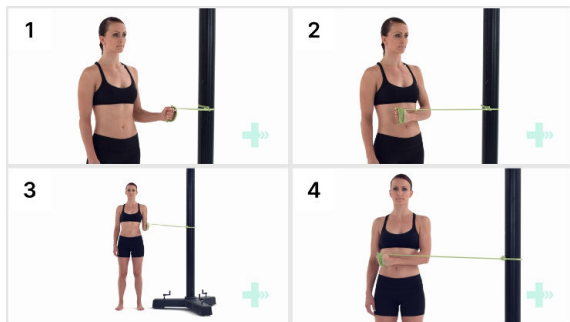
6. "Biceps curl to overhead press" Upper body strengthening, with dumbbell, sitting; 02

Sit upright, chest tall and shoulders pressed back.
 Holding a weight in your hand, drop your arm down to your side.
 Bend your elbow, bringing the weight to your shoulder, then push it up above your head.
 Reverse the movement back to the start position.



7. Shoulder abduction strengthening isometric, arm against wall in standing; 01

Sit or stand up straight next to a wall.
 Keep your affected arm by your side and bend your elbow to 90 degrees.
 Place the outside of your elbow against the wall.
 Without moving your body, press your elbow into the wall.
 Hold this position and then relax.

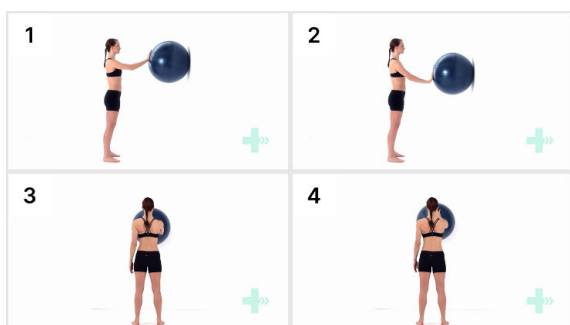


8. Shoulder internal rotation strengthening, with band (mid), arm at side, bent, standing; 01

Stand upright and tie a resistance band to a solid object beside you. Hold the other end in your affected hand with some tension in the band. Bend your affected elbow to a right angle.

Keep your shoulder blades back and down, and rotate the arm inwards, keeping your elbow loosely by your side and your shoulder blades in a good position. Control the movement back to the start position.

2 Sets / 5 Reps



9. Scapular stabilization, rolling ball on wall, standing; 02

Stand in front of a wall with your affected arm holding a stability ball on the wall. Push the heel of your hand into the ball to activate the muscles that stabilise your shoulder blade.

Keeping this pressure and control, roll the ball up and down and in diagonals and circles.

1 Set / 1 Rep / 1 s hold

10. "PNF D1 UE" Shoulder strengthening with band, in sitting; 01

Sit up straight in a chair.

Hold the ends of an exercise band in each hand with your arms relaxed on your knees.

Grip the band tightly with the arm you don't want to move.

With your other hand, gradually pull the band diagonally up and away from your body.

Your arm should finish diagonally up and away from your side with the palm facing forward.

Make sure the movement is controlled as you bring your arm back to the starting position.



1 Set / 1 Rep

11. "PNF D2 UE" Shoulder strengthening with band held high, in standing; 01

Stand holding a resistance band in both hands.

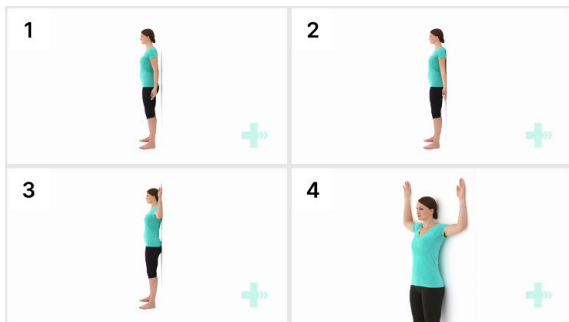
Lift your good arm to the side.

Take the symptomatic arm towards the opposite shoulder, gathering some resistance as you move and keeping your thumb facing upwards.

Pull against the resistance band, taking your arm down and out and finishing the movement with your arm straight and facing diagonally downwards with your palm facing forwards.

Slowly return to start position and then repeat.





12. Shoulder external rotation/scapular retraction strengthening isometric, standing to wall

Stand up straight with your back against a wall.
 Bend your elbows and rotate your forearms outwards so that the backs of your hands touch the wall.
 Allow your upper arms to move away from your sides a little.
 Maintaining this angle, press the backs of your forearms and wrists into the wall.
 Hold this position.
 You may be asked to perform this exercise with your upper arms further away from your sides.

start this exercise with arms lower down. 45 degrees . Progress as able to the exercise demonstrated in video

1 Set / 1 Rep

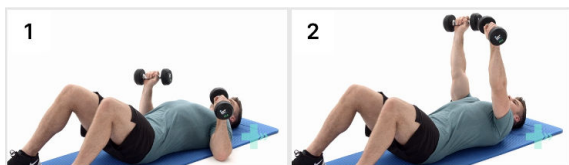
13. "Push up, wall" Chest/shoulder strengthening, tightening gluteals



Stand up straight facing a wall.
 Take a step back and place the palms of your hands on the wall.
 Your arms should be around shoulder height and your hands slightly wider than your shoulders.
 Keep your body straight, tightening the buttock muscles.
 Bend your elbows, taking your chest towards the wall.
 Make sure you keep a straight line from your feet to the top of your head.
 Straighten your arms back out again, lifting your chest away from the wall.
 Repeat this exercise.

1 Set / 1 Rep / 2lbs weight

14. "Chest press" Shoulder/chest strengthening, with dumbbells, supine; 01



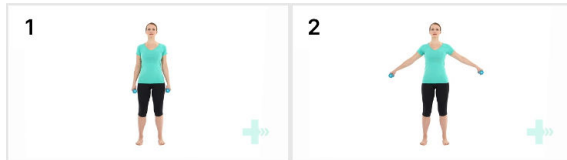
Lie on your back with your legs bent, feet on the floor and a weight in each hand.
 Bring your arms out to the side and bend your elbows.
 Reach the weights directly up to the ceiling, and control the movement back down to the start position with your elbows out to the side.

1 Set / 1 Rep / 2lbs weight

15. Shoulder external rotation strengthening, with dumbbell - scapular retraction/depression, side lying



Lie on your good side with a weight in your affected hand.
 Keep the upper arm resting on your side and bend the elbow to a right angle.
 Keeping the upper arm in contact with the body, rotate your forearm upwards.
 Make sure you do not roll back with your body.
 Control the movement back to the start position, and repeat.
 Ensure you keep your shoulder blades back and down throughout.

16. Shoulder abduction strengthening, with dumbbells, to comfort, arms straight, standing

Stand with your legs hip width apart, and your knees slightly bent.

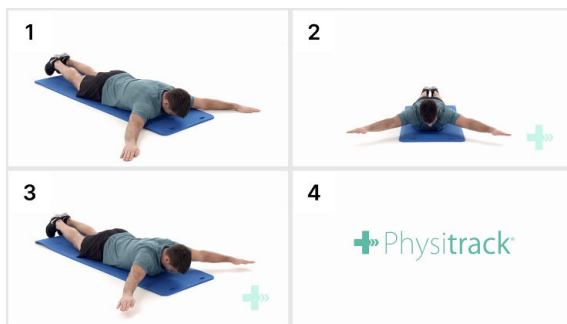
Make sure your shoulders are relaxed.

Keeping your elbows straight, lift your arms out to your side as far as you can manage comfortably.

Ensure you do not hunch your shoulders or lean your body as you do this.

Control the movement as you lower back down.

1 Set / 1 Rep / 1 s hold

**17. Trunk extension strengthening, arms in Y position, prone**

Lie face down with your arms in a "Y" position diagonally up and away from you palms facing down.

Keep your head slightly elevated and neck long.

Lift your arms up and feel your shoulder blades moving towards your spine.

At the same time slightly lift your chest off the floor.

Then return to the starting position.

Perform this exercise in a slow controlled manner.

1 Set / 1 Rep / 1 s hold

**18. Scapular retraction stabilization, with shoulder external rotation, prone**

Lie on your front with your forehead on a towel.

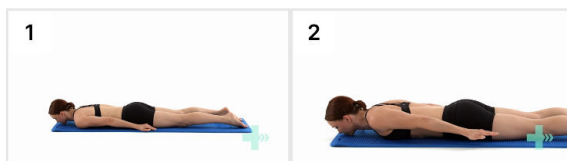
Place your hands by the side of your head, palms face down.

Squeeze your shoulder blades together.

Hold this position and raise alternate hands and forearms.

Hold this position, before you slowly lower the arms back down and relax.

1 Set / 5 Reps / 5 s hold

19. Shoulder extension strengthening, with scapular retraction/depression, prone

Lie on your front with your arms by your side and your palms facing downwards. Pull your shoulder blades back and down and then lift your arms an inch off the floor.

Hold and then slowly relax.

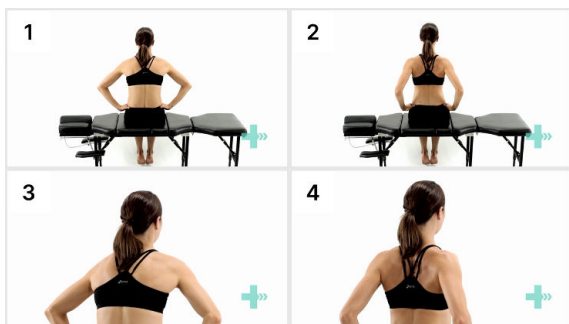
Note a weight can be added to your hands to increase the difficulty of this exercise.

20. Scapular protraction/retraction strengthening, with beach arms in/out, sitting



Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.
 Point your elbows forwards.
 Keeping your posture directly upright, move your elbows out to the sides.
 Return to the front and continue to move your elbows in and out.
 You should feel the movement in your upper back.

21. Scapular retraction/depression strengthening, hands on waist, sitting on table



Start in a seated position and place your hands on your hips.
 Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.
 Keep your shoulders pressed down and away from the ears at all times.

22. "Plank (low)" Core/scapular strengthening isometric; 01

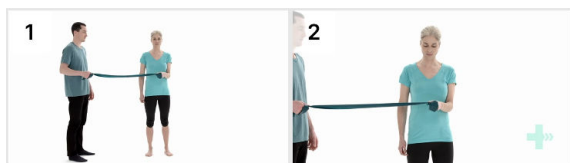


Lie on your front with your toes on the floor.
 Place your forearms on the floor and push up, lifting your torso and legs.
 Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.
 Keep your buttocks squeezed and your hips level.
 You will feel the core muscles working.

23. Core stabilization, lifting arm (alternate), quadruped; 02



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
 Keep your back straight and your hips in a neutral position.
 Lift one arm up and keep your elbow straight.
 Ensure your body and hips do not move throughout this movement.
 Lower the arm and repeat.

24. Shoulder external rotation strengthening, with band, arm at side, standing; 02

Stand holding a resistance band in one hand.
 Have an assistant holding the other end of the band on your other side.
 Keep your upper arm close to your side and the elbow at a right angle.
 Stretch the band by turning your arm outwards.
 Make sure your body stays still and your wrist stays in neutral position.
 Control the movement as you bring your arm back in towards your tummy.

1 Set / 10 Reps

25. "Push up" Chest/shoulder strengthening, kneeling; 02

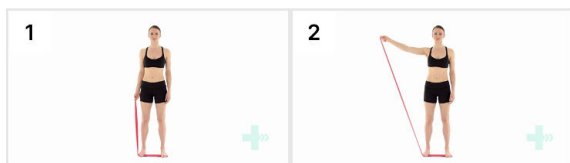
Start on your hands and knees.
 Walk your hands forwards until you form a straight line from your shoulders to your hips.
 Keeping your body straight, slowly bend your elbows, lowering your chest towards the floor. Your toes will rise as you pivot on your knees.
 Pause briefly, and then push your body upwards by extending your arms out straight, ensuring you do not lock your elbows at the top of the movement.
 Repeat.

1 Set / 1 Rep

26. "Triceps dips" Elbow extension strengthening, on chair; 03

Sit on a sturdy stool or similar with your feet flat on the floor.
 Place your hands on the edge of the seat fingers pointing forwards.
 Move your hips off the edge and move your feet slightly forwards.
 You are supporting your weight on your arms.
 From this position, bend your elbows and lower your hips straight downwards.
 Keep your chest open.
 Then straighten your elbows and push back up to the starting position.

1 Set / 10 Reps / 1 s hold

27. Shoulder abduction to 90° strengthening, with band, standing

Stand up straight.
 Take a band and step on it with one foot to create some tension.
 Hold onto the band at the opposite end in your affected hand.
 Start with your arm straight down at your side and the thumb pointing outwards.
 Raise your arm out to the side, keeping the elbow straight.
 Make sure you do not hunch your shoulders, or lean your body as you lift the arm against the resistance.
 Stop when your arm reaches the same height as your shoulder.
 Control the movement back down to the starting position and repeat.