



1 Set / 10 Reps / 10 sec duration

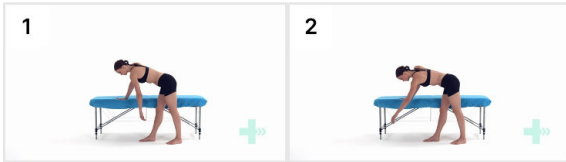
1. "Pendulum" Shoulder PROM moving body to gently swing arm, leaning forward on table; 02

Lean onto a table with your good arm, letting your affected arm dangle forwards in front of you.

Using gentle movements of the body, let this arm swing backwards, forwards, side to side, and in circles.

The more you lean your body forwards, the more you will exercise the arm.

with weight ? 5 lbs



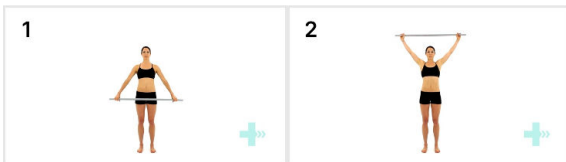
2 Sets / 5 Reps

2. Scapular plane abduction AAROM, with stick, standing

Hold a stick in both hands in front of you.

Lift your arms forwards and up, using the stick to help this movement.

Make sure you do not hunch your shoulders up.



1 Set / 1 Rep

3. Shoulder flexion AAROM, wall slides, hands on towel, standing

Stand up straight facing a wall.

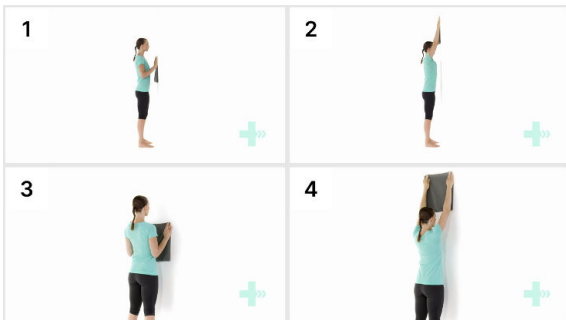
Place a towel against the wall and hold it in place with the palms of both hands. Stand close to the wall so that your elbows are bent in by your sides.

Slide the towel directly up the wall with the palms of your hands on the towel.

Ensure you keep your neck long and do not hunch your shoulders.

Stand close to the wall so that you do not need to lean any weight through your arms.

Control the movement as you lower your arms back to the starting position, and repeat.



1 Set / 1 Rep / 1 s hold

4. "Hand behind back" Shoulder internal rotation AROM, standing

Stand up straight.

Take your affected arm behind your back.

Try to slide your hand as far up your back, towards your shoulder blades, as you can.

Hold this position before you carefully bring your arm back down to the start position.



5. "Hand behind back" Shoulder internal rotation AAROM, with towel, standing; 01

Stand up straight.

Take a towel and drape it over your good shoulder.

Reach behind your back with your symptomatic arm and hold the other end of the towel.

With your top hand pull the towel straight up so that your back hand comes up towards your shoulder blade.

You will feel this stretch in the front of your shoulder.

6. Chest/shoulder/thoracic stretch, lifting interlaced hands behind, standing; 01

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

7. Levator scapulae stretch, arm behind back, sitting; 01

Start in a seated position.

Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

8. Pectoralis stretch, into corner, standing

Stand up straight facing into the corner of a room.

Bend both elbows and place your forearms on each wall, palms facing forwards. Step forwards onto one leg and take your weight in the same direction, directly into the wall.

Make sure you shift your hips and body forwards.

You should feel a stretch across the front of your chest.

Hold this position.

The height you place your arms at will alter the area you feel the stretch.

9. Shoulder internal rotators stretch, arm bent at side, against wall, standing; 02

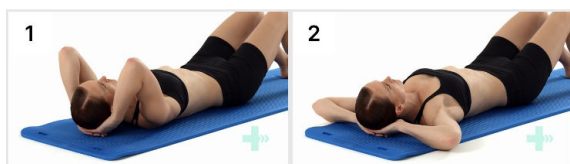
Stand up straight in a door frame.
Place the wrist of your affected hand in the door frame with your elbow by your side and bent to 90 degrees.
Keeping your wrist in the same place, rotate your body away from the door by stepping your feet away from the wall.
Step forward with the leg on the same side as your stretching arm.
Continue until you feel a stretch in your shoulder.
Ensure you do not hunch your shoulder up.
Hold this position.

1 Set / 1 Rep / 1 s hold

10. 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.

1 Set / 1 Rep / 1 s hold

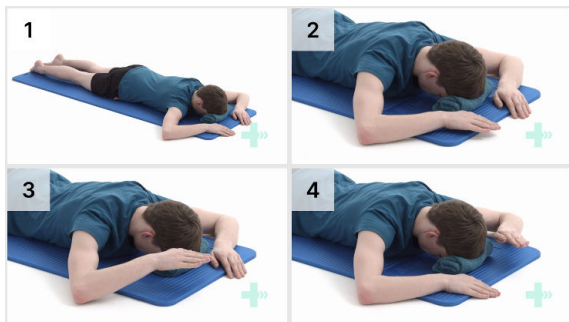
11. Shoulder internal rotators stretch, hands interlaced behind head, supine; 02

Lie on your back.
Bring both hands up behind your head.
Slowly let your elbows drop out to the side as far as you can, you will feel a stretch across your shoulders.
Hold this position.

1 Set / 1 Rep / 1 s hold

12. Shoulder internal rotators stretch, with stick, arm bent at side, supine; 02

Lie on your back with your symptomatic arm on a pillow by your side.
Hold a broom stick in both hands with both elbows at a right angle.
Use your good arm to push the stick across your body towards your symptomatic arm, turning the forearm outwards.
You should feel a stretch at the front of your shoulder.
Do not allow your upper arm to move away from your body.
Hold this position.



13. 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.



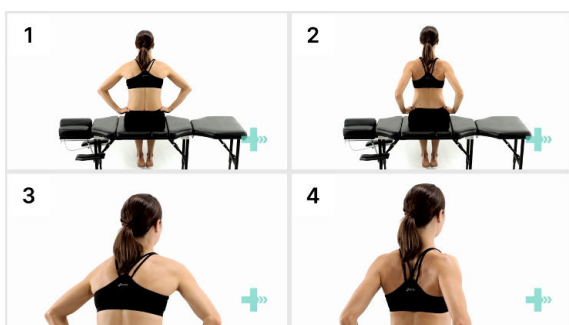
14. Shoulder extensors latissimus dorsi stretch, hands on table, sitting

Start in a seated position and put your arms on a table.
 Steadily stretch your arms forwards as far as you can, dropping your head down between the shoulders.
 Your arms should remain floppy and relaxed throughout and be careful not to tense your shoulders.
 Hold this position.
 Note this exercise can also be performed from a standing position over a higher surface.



15. "Sleeper stretch" Shoulder external rotators/posterior capsule stretch, side lying

Lie on your affected side, with the arm out in front and elbow bent to 90 degrees.
 Place your other hand on the back of your wrist, and push down to rotate the forearm.
 Make sure you do not hunch your shoulder up.
 You will feel a stretch over the back and top of the shoulder.



16. 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.

**17. "Wall angels" Scapular stabilization, sitting**

Do this exercise up against a wall.

Make sure your lower back, shoulders, and head are touching the wall.

Bring your arms out to the side so that your elbows, wrists and hands are touching the wall.

Your elbows will be bent.

Try to raise your arms above your head as much as you can without coming away from the wall.

Keep your shoulder blades squeezed together.

If you feel that your elbows and your wrists are coming away from the wall as you raise your arms up, you need to stop at that position and lower your arms back down.

1 Set / 1 Rep / 1 s hold

**18. "Prayer stretch" Shoulder/trunk extensors stretch, with side bending, quadruped**

Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels.

Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold.

Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.

1 Set / 10 Reps

**19. "Row" Shoulder extension/scapular retraction strengthening, with band (mid), (bilateral), standing**

Tie a resistance band around a solid object and hold the ends in each hand.

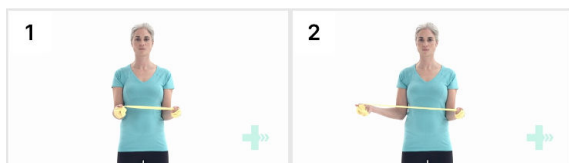
Stand on both legs with your feet hip width apart, keeping a good upright posture.

Bend your elbows and pull the band back, squeezing your shoulder blades together.

Control the movement as you return your hands to the start position.

Keep your core strong throughout this exercise.

1 Set / 1 Rep

**20. 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.

21. Shoulder external rotation strengthening, with band, arm out to side 90/90, standing;

Stand in an upright position holding a resistance band in both hands.
Lift your affected arm out to the side.
Your arm should be at approximately 90° to your body.
Bend your elbow to a right angle.
Maintaining good posture and shoulder blade control, rotate your arm upwards from horizontal to vertical.
Your elbow should remain at a right angle and your upper arm should not move up or down.
Your posture should stay straight and your shoulder blades remaining back and down.
Slowly return to start position and repeat.

1 Set / 1 Rep / 1 s hold

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

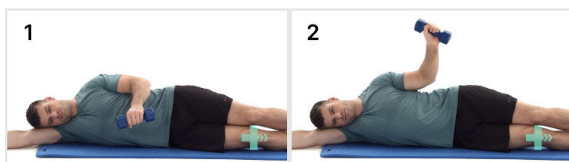
Sit up straight in a chair.
Hold the ends of an exercise band in each hand with your arms relaxed on your knees.
Grip the band tightly with the arm you don't want to move.
With your other hand, gradually pull the band diagonally up and away from your body.
Your arm should finish diagonally up and away 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

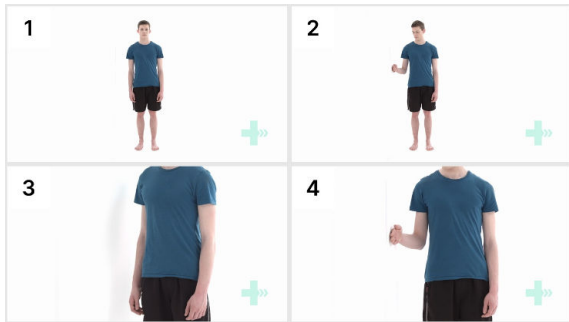
23. "PNF D2 UE" Shoulder strengthening with band held high, in standing; 01

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.

1 Set / 1 Rep / 2lbs weight

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

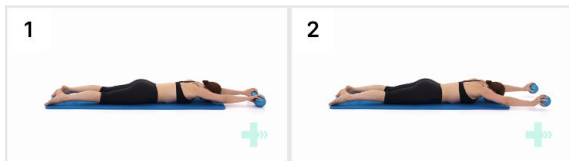
Lie on your good side with a weight in your affected hand.
Keep the upper arm resting on your side and bend the elbow to a right angle.
Keeping the upper arm in contact with the body, rotate your forearm upwards.
Make sure you do not roll back with your body.
Control the movement back to the start position,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



25. 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.

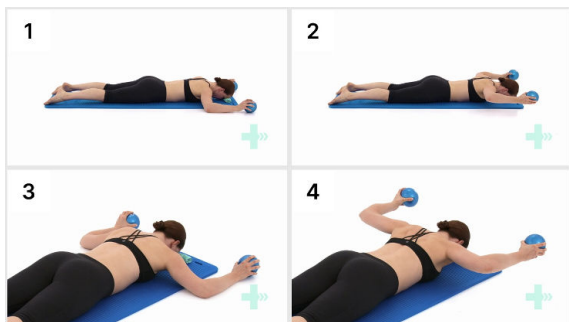
1 Set / 1 Rep / 1 s hold / 2lbs weight



26. Scapular retraction stabilization, prone-I, lifting arms, with weight, palms down

Lie on your front with your forehead rested on a small towel.
 Hold a weighted ball in each hand.
 Keeping them straight, move your arms out to your sides and up so that your upper arms lie beside your head.
 Your palms should be facing the floor.
 Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.
 Hold this position.
 Relax and repeat.

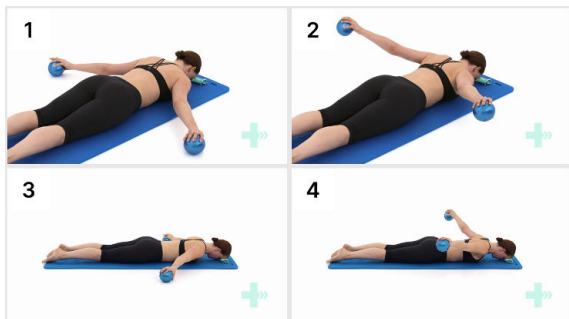
1 Set / 1 Rep / 1 s hold / 2lbs weight



27. Scapular retraction stabilization, prone-L, lifting arms, with weight, palms neutral

Lie on your front with your forehead rested on a small towel.
 Hold a weighted ball in each hand.
 Keeping them straight, move your arms out to your sides then bend each elbow to a right angle.
 Your arms should each make an "L" shape.
 Your palms should face in towards one another.
 Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.
 Hold this position.
 Relax and repeat

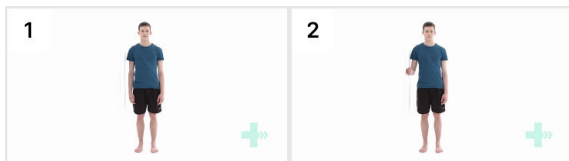
1 Set / 1 Rep / 1 s hold / 2lbs weight



28. Scapular retraction stabilization, prone-M, lifting arms, with weight, palms down

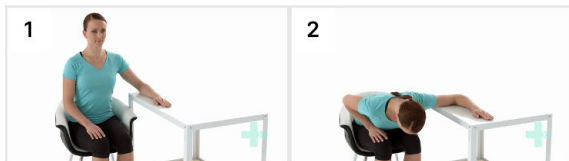
Lie on your front with your forehead rested on a small towel.
 Hold a weighted ball in each hand.
 Keeping them straight, move your arms out from your sides a little.
 Your palms should face the floor.
 Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.
 Hold this position.
 Relax and repeat.

29. 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.

30. Shoulder internal rotators stretch, leaning forward, arm bent on table, sitting; 02



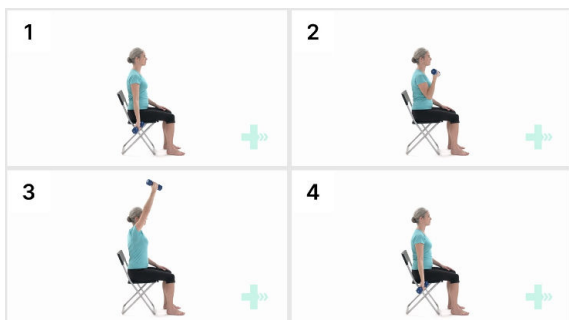
Start in a seated position, sideways to a table with your symptomatic arm closest to the table.
 Stretch your forearm out on the table with your palm facing downwards.
 Gradually lean forwards as far as you can keeping your forearm in contact with the table throughout the movement.
 This rotates the arm.
 Once you've reached your furthest point hold this position, and then return back to the start position and repeat.

31. Shoulder abduction to 90° strengthening, with dumbbells, arms straight, standing; 01



This shoulder weights exercise strengthens the shoulder muscles and back muscles, which are important for all daily activities.
 Stand with your legs hip-width apart, and your knees slightly bent holding a weight in each hand.
 Make sure your shoulders are relaxed.
 Keeping your elbows straight, move your arms out to the side to shoulder height.
 Then lower your arms back down in a controlled manner.
 Repeat this movement for as long as directed.

32. "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.

33. "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.
 Your 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

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

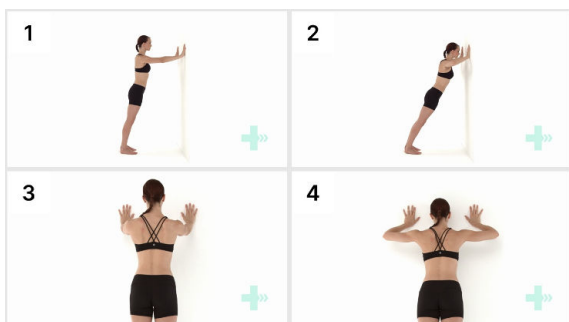
Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
 Keep your back straight and your hips in a neutral position.
 Lift one arm up and keep your elbow straight.
 Ensure your body and hips do not move throughout this movement.
 Lower the arm and repeat.



1 Set / 1 Rep

35. "Push up, wall" Chest/shoulder strengthening

Stand facing a wall, around one large stride away.
 Place your hands on the wall around the same height as your shoulders but slightly wider.
 Lean against the wall, keeping a straight line from your head to your feet.
 Bend your elbows, bringing your chest and hips in towards the wall and pushing your elbows outwards.
 Make sure your body stays straight.
 Push through your hands to straighten your arms back out again.
 Continue this movement.
 Note: the further away your feet are from the wall, the harder the exercise will be.



1 Set / 10 Reps / 10 s hold

36. Rhomboids massage with trigger point release (ball), standing

Stand up straight with your back to a wall.
 Place a tennis ball against the wall and lean your upper back onto the ball.
 The ball should be between your spine and your shoulder blade on the side you would like to work.
 Bring this arm across your chest in front of you, using your other arm to facilitate this movement.
 Roll the ball around the area.
 If you feel a particularly tender spot, hold this position leaning back onto the ball to place some pressure on the area until it releases.



37. Pectoralis trigger point release (spiky ball), standing

Stand up straight with the hand of your affected arm flat against a wall.

Position your body towards the wall and place a spiky ball between your chest, close to your breast bone, and the wall.

Keeping some pressure on the ball, slowly move your body away from your hand.

Your elbow will straighten, and the ball will move towards your shoulder.

Return to the starting position at the same pace and repeat.

If you feel any particularly tender spots, hold this position, keeping the pressure on the area.

