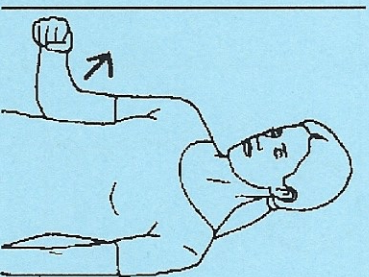


Stand facing a wall. Keep your upper arm close to your side with elbow at a right angle. Push your fist against the wall. Hold for 5 seconds.

Repeat 10 times.

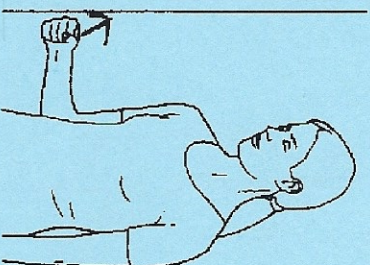
Repeat 2 times per day.



Stand sideways against a wall with your upper arm close to your side and elbow at a right angle. Push your elbow against the wall. Hold for 5 seconds.

Repeat 10 times.

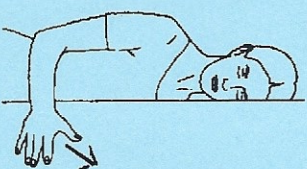
Repeat 2 times per day.



Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall. Push the back of your hand against the wall. Hold for 5 seconds.

Repeat 10 times.

Repeat 2 times per day.



Stand in a doorway with your upper arm close to your side and elbow at a right angle. Place your hand against the wall. Push your hand inwards against the wall. Hold for 5 seconds.

Repeat 10 times.

Repeat 2 times per day.



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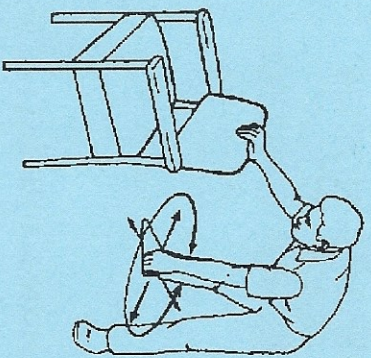
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ORTHOPAEDICS

and

PLASTICS CENTRE

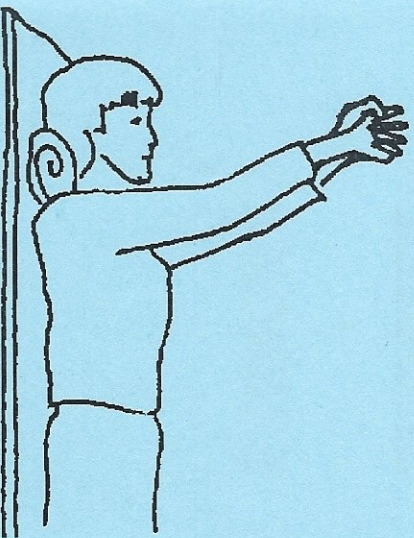
SHOULDER

EXERCISES



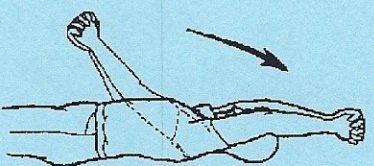
Assume position shown, letting your injured arm hang relaxed. Swing your arm slowly forwards and backwards. Do not let the arm tense up. Repeat, with the arm moving side to side.

Repeat, with arm moving in circular patterns, clockwise and counterclockwise.
Repeat for 2-3 minutes or as needed for pain relief.



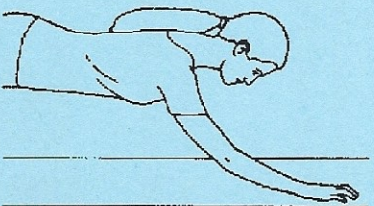
Lie on your back, clasp your hands together. Use your good arm to assist your injured arm to raise both hands overhead, as far as you can.

Hold 5 seconds
Repeat 10-15 times.
Repeat 3 times per day.



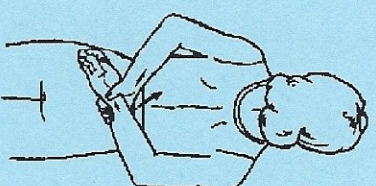
In standing, clasp hands together. Use your good arm to assist your injured arm to raise both hands overhead, as far as you can.

Hold 5 seconds
Repeat 10-15 times.
Repeat 3 times per day.



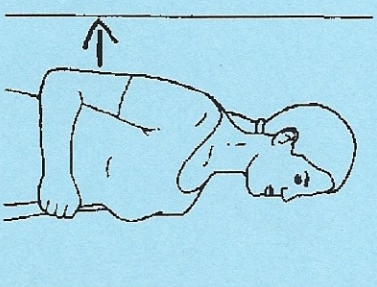
Stand facing a wall.
'Walk' your fingers up the wall as high as possible. Reverse down in the same way.

Repeat 10-15 times.
Repeat 3 times per day.



Reach behind back with the injured arm. Grasp the injured arm with your other hand and try to pull the arm upward as far as you can.

Hold 5 seconds
Repeat 10-15 times.
Repeat 3 times per day.



Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle. Push the elbow back against the wall. Hold for 5 seconds

Repeat 10 times.
Repeat 2 times per day.