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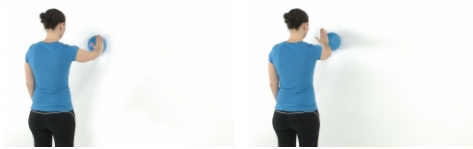
Undertake exercises little and often as pain allows.

1 Wall push-ups



Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.

2 Wall circles with ball



Stand in front of a wall with your arm extended at shoulder height holding a ball against the wall. Begin to roll the ball in small circles (in both directions) with the arm extended. Try circling at different height, as prescribed by your therapist.

3 Proprioception alphabet



Lie on your back with your knees bent and your back flat on the floor. Extend your arm in front of you holding a weight in your hand. Slowly draw out the letters of the alphabet with the arm, keeping your body, shoulder blades and head stable.

4 Isometric external rot.



Stand beside a wall with the affected arm at your side, your wrist against the wall and your chin tucked in. Push your wrist outward while keeping your elbow at your side and your head still. Relax your arm and repeat. You can use the opposite arm to resist movement at wrist level instead of pushing against the wall.

5 Shoulder abd./ext. rot.



Lie on your side with a weight in your hand, elbow against side and bent to 90 degrees. Pull the tip of your shoulder backwards and slowly rotate the arm upwards until the weight is in line with the body. Lift your arm up by straightening your elbow. Lower your hand slowly and repeat.