

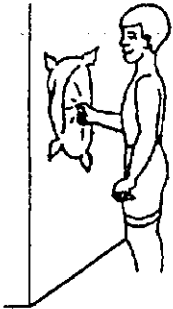


Shoulder Isometrics 1

General Instructions: These exercises are designed to tone the muscles around your shoulder that have been getting weak. Do these exercises twice a day and follow them with 10 minutes of ice.

Isometric Shoulder Flexion (1)

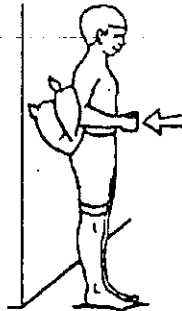
Using a stable wall for resistance, push fist into pillow as shown.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Isometric Shoulder Extension

Using a stable wall for resistance, push elbow backwards into pillow.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Isometric Shoulder Abduction (1)

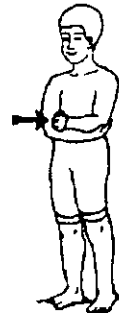
Using a stable wall for resistance, push elbow outward into pillow.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Isometric Shoulder Abduction (2)

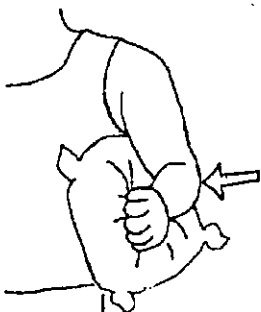
Place uninvolved hand around elbow as shown, then apply equal resistance to outward motion of involved arm.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Isometric Shoulder Adduction

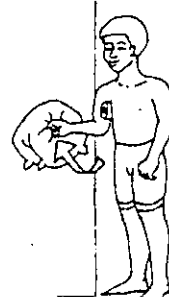
Gently squeeze pillow between side of body and elbow as shown.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Isometric Shoulder External Rotation (1)

Using a stable wall for resistance, keep elbow in at side while pressing back of hand into wall.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.



Shoulder Isometrics 1

General Instructions: These exercises are designed to tone the muscles around your shoulder that have been getting weak. Do these exercises twice a day and follow them with 10 minutes of ice.

Isometric Shoulder Internal Rotation (1)

Using door frame for resistance, keep elbow at side and press palm of hand into pillow as shown.



Hold 10 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.