

Exercise plan:  
RCRSP easy website

Patient:  
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Date:  
24th Apr 2020



### Pendulum

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/YYvI59eU78M>

### Passive Flexion Arm Lift Full Lying

Use your good arm to lift your painful arm. Make sure your painful arm stays relaxed. Take your arm as high as feels comfortable. Stop when you feel pain, and slowly lower your arm. This exercise will help improve your shoulder mobility.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/YAsXd45FmGo>



### Isometric Shoulder Flexion Wall

Stand facing a wall. Decide if you wish to use a bent arm, or a straight arm. It does not really matter which you choose. Push your arm in front of you, into the wall. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

**Hold for 3 | Repeat 5 times | Perform 3 times daily**

Video: <https://youtu.be/WCec1F7KfBI>





### Isometric Shoulder Extension Wall

Stand with your back to a wall. Decide If you wish to use a bent arm, or a straight arm. It does not really matter which you choose. Pull your arm behind you, into the wall. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

**Hold for 3 | Repeat 5 times | Perform 3 times daily**

Video: <https://youtu.be/QBDuvmPFFOU>



### Isometric Shoulder Internal Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm inwards across your chest, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

**Hold for 3 | Repeat 5 times | Perform 3 times daily**

Video: <https://youtu.be/0d8OPH6aeo8>



### Isometric Shoulder External Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm outwards away from your body, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

**Hold for 3 | Repeat 5 times | Perform 3 times daily**

Video: <https://youtu.be/xZKIQIkAeZA>



### Pendulum 2

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently from front to back. Try to let momentum and gravity move your arm. Go forwards and then backwards. This exercise is a great way to passively mobilise a stiff shoulder.

**Repeat 15 times | Perform 3 times daily**

Video: <https://youtu.be/TI0ljlx5WM>

