

Exercise plan:
OA Shoulder 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/YYvl59eU78M>



Scapular Control with Flexion

Rest your forearms against a wall, in front of you. Slowly slide your arms above your head, while focussing on the movement of your shoulder blades upwards and outwards. At your comfortable end of range, slowly do the opposite as you come back down. Remember to move your shoulder blades slowly throughout the whole movement as you lift your arms up. This exercise helps improve shoulder blade control, and can reduce shoulder impingement.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/5Cl6merCy7w>



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 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/xZKIQkAeZA>