

Exercise plan:  
OA Shoulder moderate website

Patient:  
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Date:  
13th 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 Lying Dowel Rod

Use your good arm to lift the dowel rod or stick, and hold on to the other end with your bad 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. If you don't have a dowel rod, you can use a broom stick or golf club.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/XDEg0yF-w7Q>



### Passive Abduction with Dowel Rod

Hold a dowel rod in front of you, and use your good arm to assist your painful arm in moving away from your body. Only go as far as feels comfortable, unless your therapist advises you otherwise. This exercise helps improve mobility of the shoulder. If you don't have a dowel rod, you can use a broom stick or golf club.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/zI5QrdFmloo>

## Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

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

Video: <http://youtu.be/X7NtgY9kCCM>



## Elbow Flexion Bicep Curl DB

Bend your elbow while holding a dumbbell. At the top of the movement, slowly lower the dumbbell in a controlled way. Keep your elbow tucked in to your side. This is a strengthening exercise for your elbow and upper arm (Biceps muscle).

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/huGPK1j9WRA>



## Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/w8in7tdjsaY>

