

Exercise plan:
Shoulder OA advanced website

Patient:
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Date:
24th Apr 2020

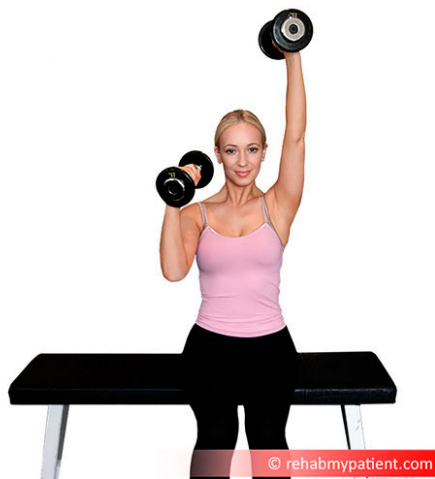


Scapular Control with Flexion

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>



Shoulder Push

Grasp a dumbbell in each hand, and lift the dumbbell above your head with one arm, and then the other. This exercise strengthens the deltoid muscle group.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/ddRR7SFmuug>



Bench Row DB

You will need a bench and a dumbbell. Plant your hand on the bench and your feet flat on the ground. Lean over the bench while you maintain a neutral spinal position by arching your back slightly. From there, you'll make a "starting the lawnmower" action with the dumbbell bringing it up to around chest level and slowly lowering it back down.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/MFSjk4u0ZGY>

Drawing the Sword with Dumbbell

Grasp a dumbbell and start the movement near your opposite knee, with your palm facing back. Lift your arm above your head and to the side. At the top of the movement, your palm should be facing forwards (i.e. the arm has turned out). Imagine you are drawing a sword out of its sheath. Return to the start position. This is a great mobility and strengthening exercise for your shoulder.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/Rc12Jrpqjlo>



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Chest Press with DB

Lying on a bench, grasp dumbbells in your hands with your elbows bent at 90 degrees. Straighten your arms to lock your elbows out, and bring the weights close together. Lower the weights down, but do not take the weights below horizontal, or chest level. This exercise predominantly strengthens the pectoral (chest) and triceps (upper arm) muscles.

Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/fdG_7jV_c88



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