

Exercise plan:  
**Osteoarthritis of the shoulder**  
**MODERATE**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**21st Jul 2022**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them, and seek professional advice. If it seems to be one exercise, stop that one and seek professional advice if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### 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. Push away from the wall to 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.

**Sets: 2-3 x daily | Repetitions: 10-15**

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



### Elbow Flexion Bicep Curl Sitting DB

Sit down and hold a weighted object. Bend your elbow while holding the weight. 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).

Progress by holding something heavier

**Sets: 2-3 x daily | Repetitions: 10-15 | Both sides**

Video: <http://youtu.be/BtiD0LsWyC0>



### Sit to Stand with Arms in Elevation

Stand in front of a chair with your elbows bent and fists clenched. As you sit on the chair, elevate both arms above your head as far as feels comfortable. Return to the start position flexing your elbows and moving your arms back down as you stand up. This is an elevation re-education exercise for the shoulder.

**Sets: 2-3 x daily | Repetitions: 10-15**

Video: <https://youtu.be/MHNcRcV35-w>



### 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.

**Sets: 2-3 x daily | Repetitions: 10-15 | Time: hold for 5 seconds | Both sides**

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