

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

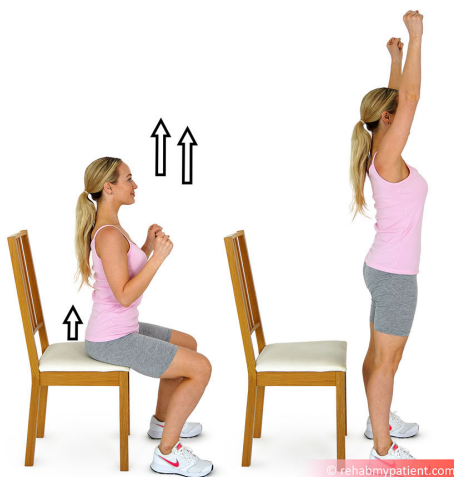
Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**25th 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.



### 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.

If this feels quite easy, hold on to some small weights or water bottles/jars to add some resistance and make it more challenging.

**Sets: 2-3 x day, 4-6 days per week | Repetitions: 10-15**

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



### Single Arm Bent Over Row with Dumbbell

Lean forwards to a 45 degree angle, and pull a weight backwards with one hand keeping your elbow tucked in close to your body. Then lower the arm down and out straight. repeat

This is a back and shoulder strengthening exercise.

Rest the other arm on a table if needed, to help you balance as you lean forwards.

**Sets: 2-3 x day, 4-6 days per week | Repetitions: 10-15 | Both sides**

Video: <http://youtu.be/WS8U9Dzzy70>

## Desk Internal Rotation with DB



Resting your elbow sideways on a desk, with your elbow bent at a right angle (90 degrees), rotate your arm inwards towards the table, and back up, while holding a light weighted object. Your palm faces forwards. This is different to a bicep curl, the elbow joint shouldn't be bending and straightening, the upper arm is rotating, so the crease of the elbow faces forwards as the arm lowers and more towards the ceiling as it raises.

This is a strengthening exercise for the rotator cuff shoulder muscles. Once this is easy, try with a heavier weight.

**Sets: 2-3 x day, 4-6 days per week | Repetitions: 8-15 | Both sides**

Video: <http://youtu.be/6xt3Y-GhYno>



## Drawing the Sword with Dumbbell

Grasp a weighted object 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. 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.

Once this is easy, try with a heavier weight.

**Sets: 2-3 x day, 4-6 days per week | Repetitions: 10-15 | Both sides**

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