

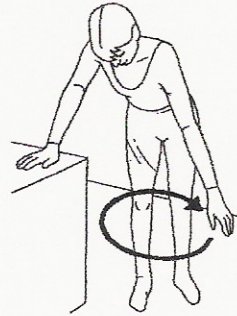
## SHOULDER EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



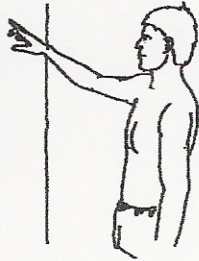
Sit or stand.  
 Roll your shoulders in both directions.  
 Repeat 20 times.

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Stand leaning on a table with one hand.  
 Let your other arm hang relaxed straight down.  
 Swing your arm as if drawing a circle on the floor. Change direction.  
 Repeat 20 times.

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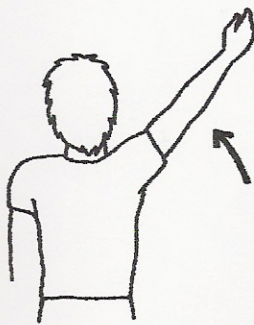
Stand facing a wall.  
 'Walk' your fingers up the wall as high as possible. Reverse down in the same way.  
 Repeat 10 times.

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Stand.  
 Bring the arm you are exercising behind your back and stretch towards the opposite buttock.  
 Repeat 10 times.

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Stand or sit.  
 Lift your arm up sideways with thumb leading the way. only go as far as is comfortable.  
 Repeat 10 times.

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Sit with your fingers on your shoulders.  
 Move elbows forwards - backwards.  
 Repeat 15 times.

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY