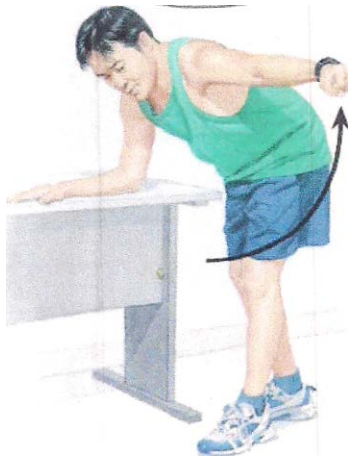


Shoulder Rehabilitation Exercises



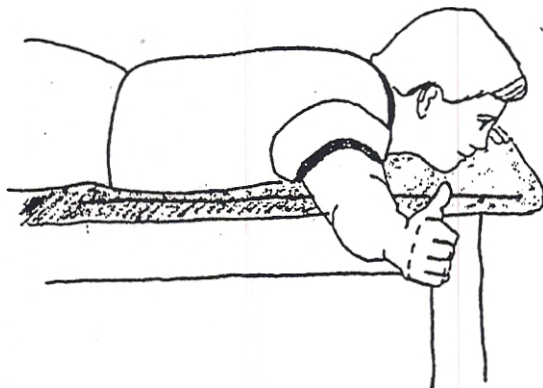
Scapular Stabilization

Lean over with your good arm supported on a table or chair. Relax the arm on the injured side, letting it hang straight down. Form your hand into a loose fist.

Keep your shoulder down and your arm straight. Lift your arm up and away from your body until it points straight out.

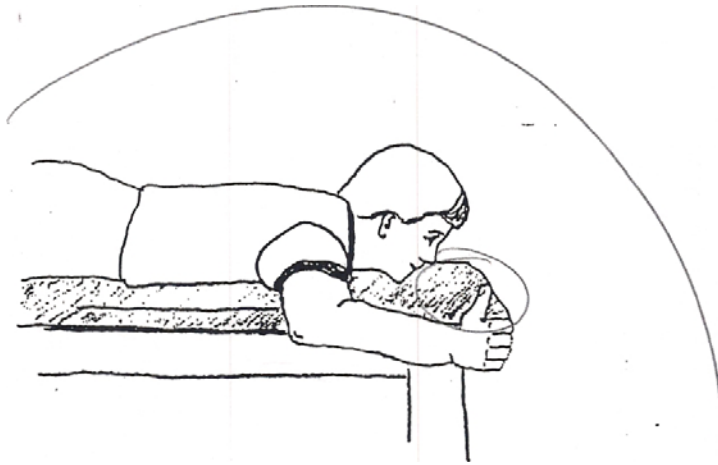
Hold for 5 seconds, then slowly lower your arm back to its starting position. Repeat 10 times.

Note: If your elbow starts to feel tired or sore, you can change your arm position. Flex the elbow gently inward, so the arm no longer makes a straight line.

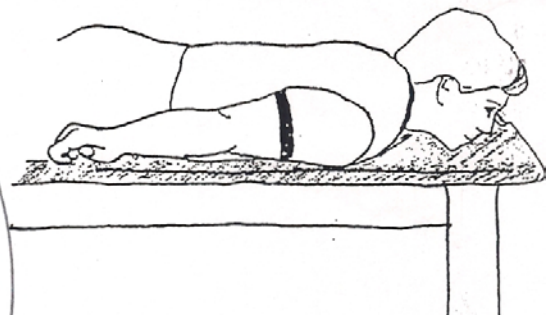


Position: 90° shoulder abduction/ Thumbs up Lift arm(s) and hold for 6 seconds

Position: 90° shoulder abduction/ Palms down Lift arm(s) and hold for 6 seconds



Position: Shoulder(s) and elbow(s) at 90 °
Lift arm(s) and hand(s) while pinching the shoulder blades together keeping the thumb up



Position: Arm(s) at side, palms down
Raise arm(s) as high as possible
Hold 6 seconds