

## Advanced shoulder exercises

- Try to do the exercises four to five times a day, repeating each exercise five to 10 times.
- You should feel a comfortable stretch feeling. Hold this for 10 to 20 seconds.
- Some of the exercise will be best done after a warm shower.

### Exercise 1

Lying on your back with your head supported by a pillow, grasp your hand together and take them behind your head.



### Exercise 2

Hold on to the bathroom sink or a bench. With your hands outstretched in front of you, keeping your hips at 90°, sink your chest towards the floor.

### Exercise 3

Set up a pulley system and alternate between taking your arms up in front and arms out to the sides. For best results do this in a sitting position.



### Exercise 4

Use a towel to pull your left hand up behind your back and your right hand down behind your head. Change sides and repeat.

### Exercise 5

Standing straight, walk the fingers up the wall as far as you can and hold the stretch. Make a note of how high you go.





## Exercise 6

Hold your arm on your affected side outstretched from the side of your body. Holding a stick with your other hand gently push your outstretched arm back.



## Exercise 7

Grasp the affected wrist with other hand. Keeping you elbow by your side, push the affected arm outward, away from your stomach. It is important to keep your elbow by your side.

*Issued by: Physiotherapy Department, Christchurch Hospital. Adapted by HealthInfo clinical advisers. December 2011.*