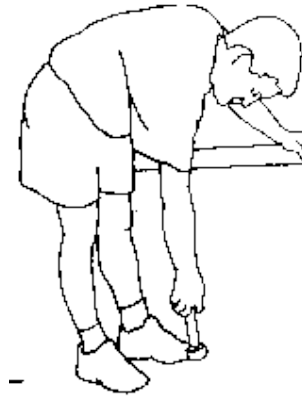


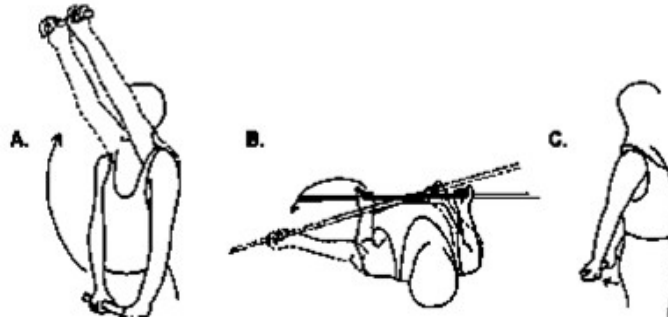
SHOULDER EXERCISES

MOBILITY EXERCISES

1. Pendulum exercise: bend forward at the waist and let the affected arm hang freely towards the ground. Support the upper body with the other hand on the table. Begin to sway back and forth, generating small circles with the dangling limb. Begin with 2 sets of 10 repetitions in both clockwise and anticlockwise directions.



2. Wand exercise: begin by lying on your back holding a stick in both hands and arms above the chest. Move the stick with the elbows fully straight until your arms are overhead. The affected shoulder is fully relaxed while the other arm guides the stick back over head to the point of tolerable discomfort. Hold your arms overhead for 2 or 5 seconds before returning to starting point.



3. Pulley exercise: this exercise requires an overhead pulley. Sit under the overhead pulley and use the unaffected arm to lift the affected shoulder into flexed position (overhead). Movement should be slow and controlled throughout the range. Hold the end position for 2 to 3 seconds before returning to the starting point. Repeat the exercise for 10 to 20 times.

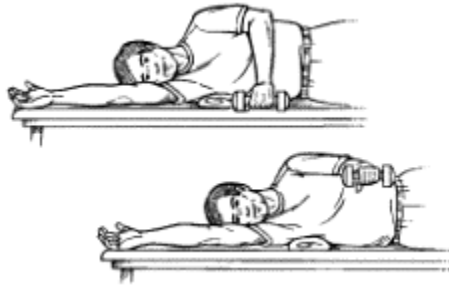


STRENGTHENING EXERCISES

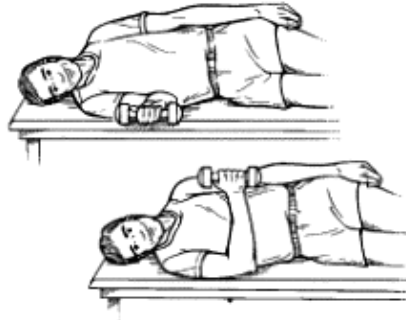
4. Start by lying on your stomach on a table or a bed. Put your left arm out at shoulder level with your elbow bent to 90° and your hand down. Keep your elbow bent, and slowly raise your left hand. Stop when your hand is level with your shoulder. Lower the hand slowly. Repeat the exercise until your arm is tired. Then do the exercise with your right arm.



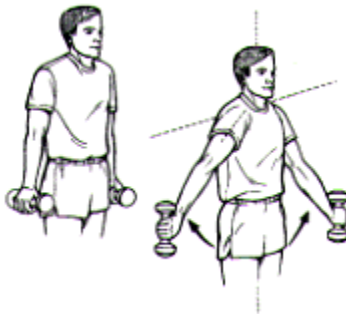
5. Lie on your right side with a rolled-up towel under your right armpit. Stretch your right arm above your head. Keep your left arm at your side with your elbow bent to 90° and the forearm resting against your chest, palm down. Roll your left shoulder out, raising the left forearm until it's level with your shoulder. (Hint: This is like the backhand swing in tennis.) Lower the arm slowly. Repeat the exercise until your arm is tired. Then do the exercise with your right arm.



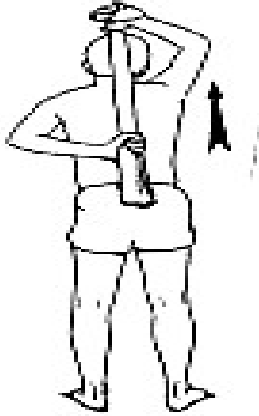
6. Lie on your right side. Keep your left arm along the upper side of your body. Bend your right elbow to 90°. Keep the right forearm resting on the table. Now roll your right shoulder in, raising your right forearm up to your chest. (Hint: This is like the forehand swing in tennis.) Lower the forearm slowly. Repeat the exercise until your arm is tired. Then do the exercise with your left arm.



7. In a standing position, start with your right arm halfway between the front and side of your body, thumb down. (You may need to raise your left arm for balance.) Raise your right arm until almost level (about a 45° angle). (Hint: This is like emptying a can.) Don't lift beyond the point of pain. Slowly lower your arm. Repeat the exercise until your arm is tired. Then do the exercise with your left arm.



STRETCHING EXERCISES



8. Towel stretch: Stand erect with a towel holding the towel with on both the ends with the affected hand above and unaffected below. Move the towel as wiping the back up and down. Once the hand moves in the upward direction maintain the stretch for 20 seconds and let go. Repeat the same for 10 times.

9. Clasp stretch:

In the stretch to the left, simply stand upright and clasp you hands behind your back. Keep your arms straight and slowly lift your hands upwards. Hold this stretch for about 15 to 20 seconds, then repeat it 3 to 4 times.



10. Posterior capsule stretch: stand erect with the affected arm cross the chest such that it is parallel to the ground. Grasp the elbow of the affected arm with the other hand and pull across the opposite shoulder till you feel the stretch and maintain the stretch for 20 seconds and let go. Repeat the same for 10 times.



11. Inferior capsule stretch: stand erect with the affected arm behind the head with the elbows bend and hand touching the opposite shoulder. Grasp the affected arm by the other hand on the elbow and give a downward pressure till you feel the pull and maintain the stretch for 20 seconds and let go. Repeat the same for 10 times.



12. Prayer stretch: Kneeling position. Knees should be spread shoulder width apart. Extend your hands and arms in front of you. Bring your buttock towards heel, do not slouch. Holds the stretch for 20 seconds and go back to starting position, rest 10 seconds. Repeat 3 – 5 sets. Not for people with knee problems.

