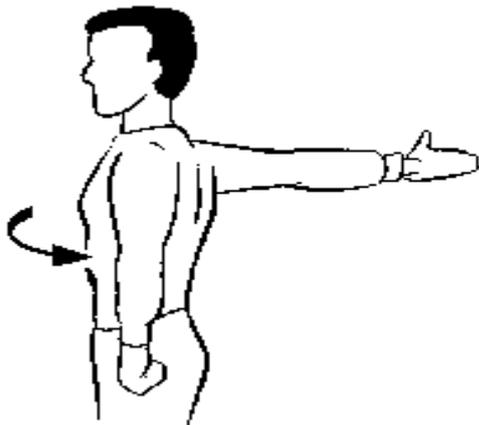


Week 1 – All these exercises are to be done twice daily. There is also a video link below the picture for a visual explanation of the exercise.



### **Pectoral Stretch**

Stand in an open doorway. Raise one arm up to a 90-degree angle to your side with your palm facing forward. Rest your palm on the door frame and slowly step forward with one foot. Feel the stretch in your shoulders and chest. Stand upright and don't lean forward to deepen the stretch. Rotate your body away from the door frame. Repeat this stretch on both sides for 30 seconds repetitions x 3 sets.

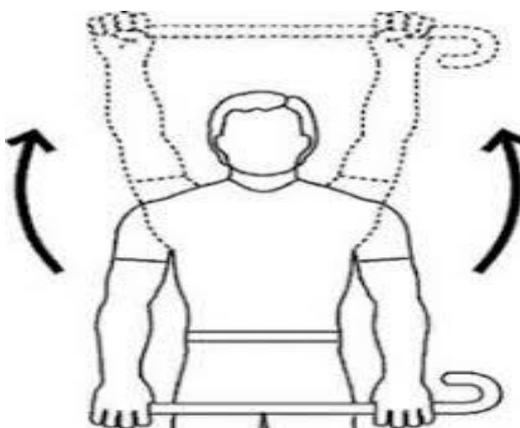
<https://youtu.be/s6Z0DtQFrMs>



### **Active assisted/active bilateral abduction with a stick.**

Start lying supine (on your back), place a towel between your elbow and waist bringing one arm away from your body (about 30 degrees). Keep the opposite arm tucked into your side. With the stick in both hands, bend your elbows to 90 degrees. Using the arm tucked into your side, use the stick to push the opposite arm away from your body. While still holding the stick repeat this 5-10 repetitions x2 sets on both sides.

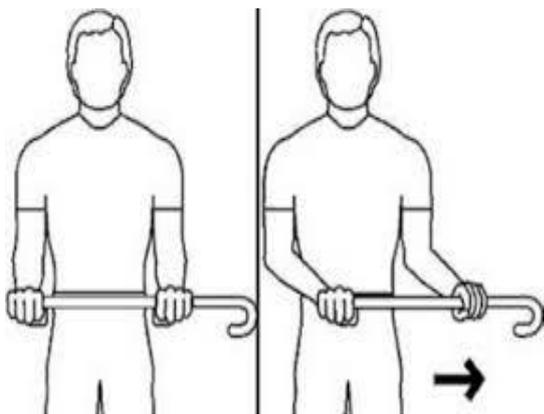
<https://youtu.be/iUvG5930Vn8>



### **Active assisted/active bilateral flexion with a stick.**

Start in a natural position standing with your feet hip width apart. Hold the stick in both hands with your hands placed at shoulder width apart. Keeping your arms fully outstretched, raise the stick directly above your head. Stand against a wall to ensure you do not over-extend your shoulders. Repeat this 5-10 repetitions x2 sets.

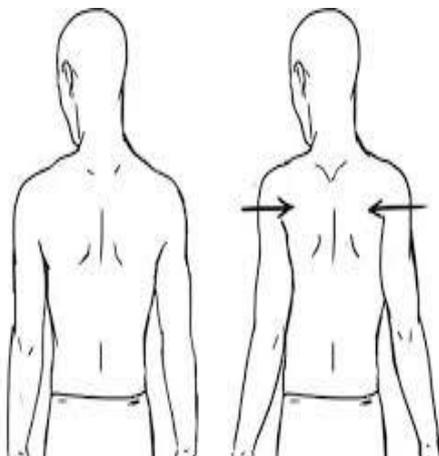
<https://youtu.be/5AWC7Tu5dVw>



### Active assisted external rotation with a stick.

Start in a neutral position standing with feet hip width apart. Hold the stick in both hands with your hands placed at shoulder width apart and bend your elbows into a 90 degree position. Use the stick to push one arm into external rotation. This may be easier to perform when standing side-ways onto a wall. Repeat this 5-10 repetitions x2 sets on both sides.

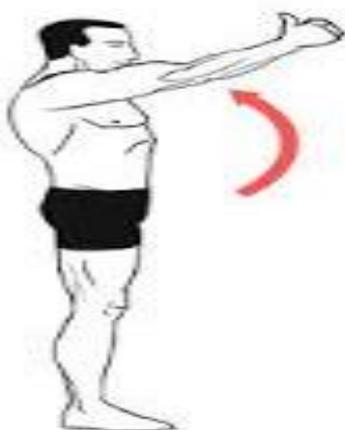
[https://youtu.be/Qw8K6q\\_CKZU](https://youtu.be/Qw8K6q_CKZU)



### Active scapula retraction.

Start in a neutral position standing with feet hip width apart. Relax your shoulders down by performing one backwards shoulder roll. Then retract your shoulders back, as if you were trying to squeeze a banana between your shoulder blades. Repeat this 5-10 repetitions x2 sets.

<https://youtu.be/u-iisLXaHok>



### Active exercises bilateral in shoulder flexion, scaption 30%, extension.

#### *Shoulder flexion (picture 1)*

Start in a neutral position standing with feet hip width apart. Relax your arms by your side with your hands in a fist position with your thumbs pointing down towards the floor. Then bring both arms straight up towards the ceiling, keeping your wrists in a fixed position (your thumbs should end up pointing upwards). Do this in a controlled manner. Repeat this 5-10 repetitions x2 sets.

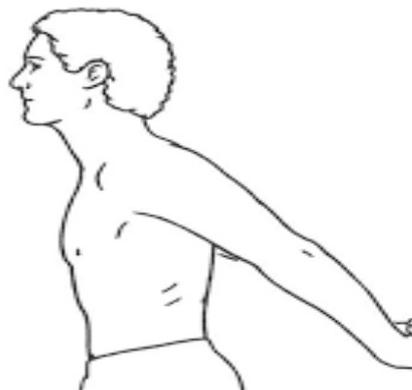
<https://youtu.be/6EtMz46VVS0>



### Shoulder scaption 30% (picture 2)

Start in a natural position standing with feet hip width apart. Relax your arms by your side with your hands in a fist position with thumbs pointing down towards the floor. Raise your arms out to shoulder height 30 degrees diagonally away from your body (to the side and in front of you), then lower them with control back to the starting position. Repeat this 5-10 repetitions x2 sets.

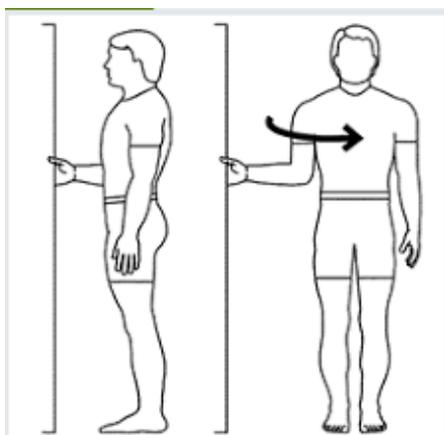
<https://youtu.be/zkahnIQz70s>



### Shoulder Extension (Picture 3)

Starting in a natural position standing with feet hip width apart and arms relaxed down by your side. Point your hands towards the floor and then take your arms behind your back into shoulder extension. Repeat this 5-10 repetitions x2 sets.

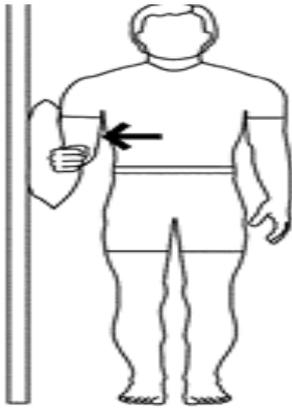
<https://youtu.be/4A1RYBrY8qg>



### **Resisted isometric external rotation, internal rotation.**

Stand with a neutral spine facing the door frame. Bend your elbow into a 90° position and press your palm into the wall keeping your arm and body still. This is isometric internal rotation. Keeping your elbow at the 90° position using the back of your hand press it into the wall without moving your body. This is an isometric external rotation. Hold for 2 seconds each repetition. Repeat this 5-10 repetitions x2 sets.

<https://youtu.be/Ghgc143Umfs>

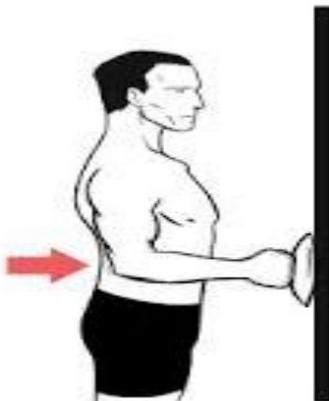


### Isometric Shoulder Abduction

Stand with a neutral spine facing the door frame.

Bend your elbow into a 90° position keeping a 2 feet gap between the wall. While keeping your core tight push your elbow into the wall. Hold this for 2 seconds each repetition. Repeat this 5-10 repetitions x2 sets.

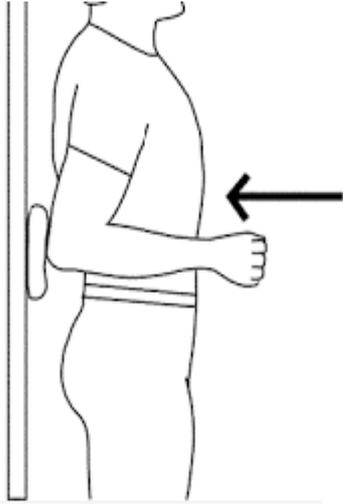
<https://youtu.be/Szcpcu6juJmE>



### Isometric Shoulder Flexion

Stand with a neutral spine facing the wall. Bend your elbow into a 90° position. While creating a fist position with your hand use this to push your hand into the wall keeping your core tight and just using your shoulder to push your hand into the wall. Hold this for 2 seconds each repetition. Repeat this 5-10 repetitions x2 sets.

<https://youtu.be/qT6fnS5VsDs>



### **Isometric Shoulder Extension**

Stand with a neutral spine with your back towards the wall. Bend your elbow into a 90° position. While creating a fist position with your hand use this to help push your elbow into the wall. Hold this for 2 seconds each repetition. Repeat this 5-10 repetitions x2 sets.

<https://youtu.be/uPycBslcOOU>