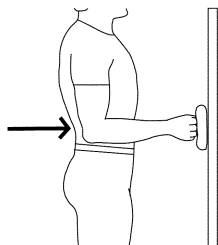


Shoulder Isometric Exercises

The exercises included are commonly provided for performance outside of the physical therapy clinic but should not be considered a substitution for personally provided initial exercise instruction or evaluation by a provider.

Shoulder Flexion



- Stand facing wall as shown with elbow bent.
- Make a fist, with a pillow or towel between hand and wall.
- Push against wall.

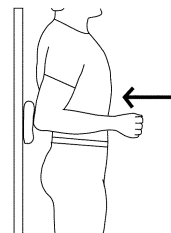
Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Shoulder Extension



- Stand facing away from wall as shown with elbow bent.
- Place a pillow or towel between elbow and wall.
- Push against wall.

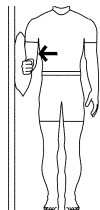
Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Shoulder Abduction



- Stand with involved side to wall, arm at side.
- Bend elbow to 90 degrees.
- Position pillow between arm and wall.
- Push upper arm against wall.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Shoulder Adduction



- Place pillow or towel roll between arm and body as shown.
- Push arm against side of body.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Shoulder Internal Rotation



- Stand with involved arm at side against wall or door frame as shown.
- Push hand inward.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Shoulder External Rotation



- Stand with involved arm at side with hand against wall or door frame.
- Push hand outward.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.