

SHOULDER

Isometric Therapeutic Exercises

Name _____ Date _____

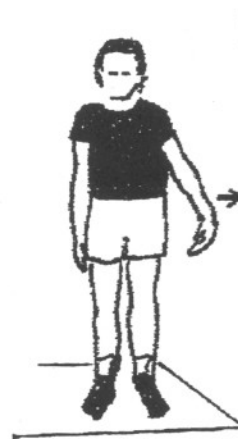
Flexion: While facing a wall with your palm turned towards your body, push your arm against the wall. Hold 5 seconds. Repeat.



Extension: With your back against a wall and your palm turned towards your body, push your arm backwards against the wall. Hold 5 seconds. Repeat.



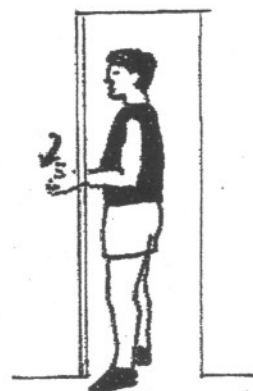
Abduction: With your side to a wall and your palm turned towards your body, push your arm sideways against the wall. Hold 5 seconds. Repeat.



Internal Rotation: While standing sideways in an open doorway, facing the casing with your arm at your side, bend your elbow to 90 degrees. Push the palm of your hand against the door casing. Hold 5 seconds. Repeat.



External Rotation: While standing sideways in an open doorway, facing the casing with your arm at your side, bend your elbow to 90 degrees. Push the back of your hand against the door casing. Hold 5 seconds. Repeat.



GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.