



3 Sets / 10 Reps

1. Resisted shoulder external rotations in neutral

Stand in an upright position.

Hold a tensioned exercise band in both hands and bend your elbows to a right angle.

Keep your shoulder blades back and down and rotate your symptomatic arm outwards, keeping your elbow loosely by your side and your shoulder blades in a good position.

Control the movement then return back to the start position.

Relax and repeat.



3 Sets / 10 Reps

2. Resisted GHjt IR(N) in stand

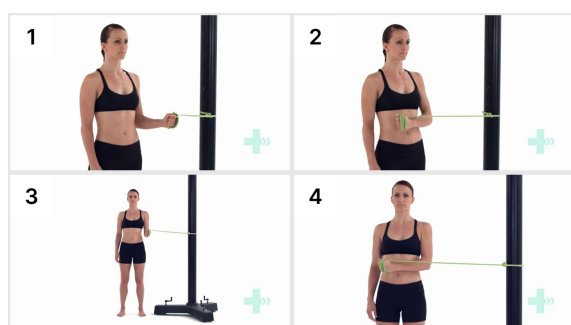
Stand upright and tie a resistance band to a solid object beside you.

Hold the other end in your affected hand with some tension in the band.

Bend your affected elbow to a right angle.

Keep your shoulder blades back and down, and rotate the arm inwards, keeping your elbow loosely by your side and your shoulder blades in a good position.

Control the movement back to the start position.



3 Sets / 10 Reps

3. Eccentric anterior deltoid short lever

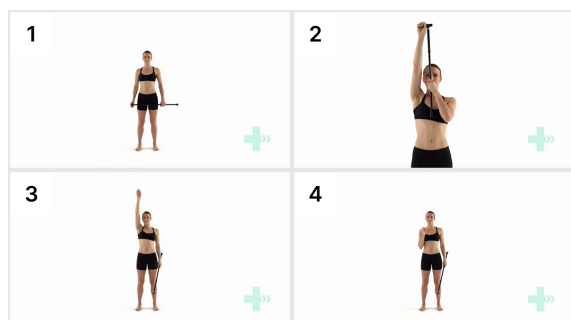
Stand straight holding a broom-stick or rod in both hands.

Lift your symptomatic arm up as far as you can using your good arm to drive the movement.

Do not allow your shoulder to hunch.

Remove the support of the stick and slowly lower your arm, keeping your elbow bent and your hand close to your face.

Relax and repeat.

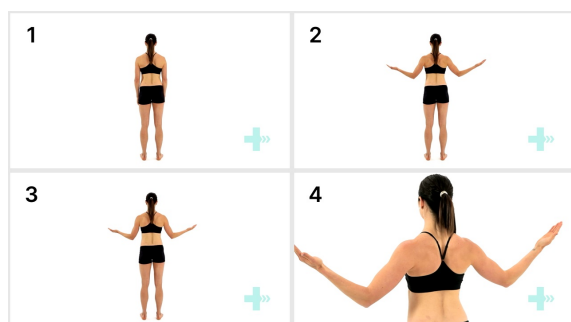


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4. Scapular squeeze

Bend your elbows and rotate your forearms out.

Bring your elbows to your sides as you squeeze your shoulder blades together for a few seconds, and relax.

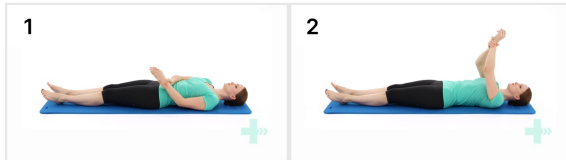


5. AAROM GHjt flexion in supine (to vertical)

Lie on your back holding the wrist of your affected arm firmly with the other hand. Keeping your arms straight but your elbows softened, lift your arms straight up towards the ceiling.

When your arms are vertical, hold this position ensuring you do not hunch your shoulders.

Control the movement as you lower your arms back down.

**6. Isometric shoulder external rotation in neutral**

Lie flat on your back with your affected arm on a pillow by your side.

Bend your elbow to a right angle with your fingers pointing to the ceiling.

Place your other hand on the outside of your affected wrist or forearm.

Push outwards with the affected hand with half your maximum effort, using the other hand to resist the movement. Your good hand must be on the affected wrist and not on the hand.

Hold and then relax.

**7. Isometric GHjt extension (wall)**

Stand up straight with your back to a wall.

You may want to do this exercise with your elbow bent.

Press the back of your arm into the wall, ensuring the movement comes from your shoulder and not your wrist or elbow.

Hold this position, with your gaze directly ahead, your neck long and your shoulder blades back and down.

**8. Isometric GHjt ER(N) in stand**

Stand straight with the elbow on your affected arm bent to 90 degrees.

Place your other hand on the outside of your affected wrist.

Keeping your body still, push your wrist outwards into your good hand, resisting the movement.

Make sure you are trying to rotate the arm outwards, and not trying to push outwards with your elbow.

Hold this position.





9. Scapula setting

Start in an upright standing position.

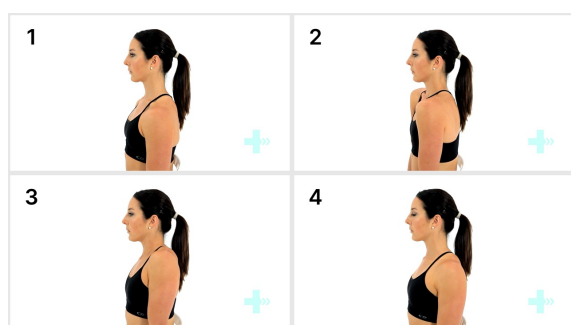
Practice bringing your shoulder blades back and down.

Picture gently drawing your shoulder blades towards the hip on the opposite side.

This is a subtle movement, ensure you do not over strain your shoulder blades when performing this action.

don't shrug your shoulders! Back and forward with the scapula. Not up and down

3 Sets / 10 Reps



10. Shoulder circles

Roll your shoulders in a circle, pulling them forwards, up, back and down.

Imagine you are moving them around a clock face.

CIRCLE SHOULDERS

3 Sets / 10 Reps / 5 s hold



11. Isometric IR(N) in stand

Stand straight and bend your elbow on your affected arm to 90 degrees.

Place the hand of your other arm on the inside of your affected wrist.

Keeping your body still, try to turn your affected forearm inwards, resisting the movement with your good hand.

Hold this position.