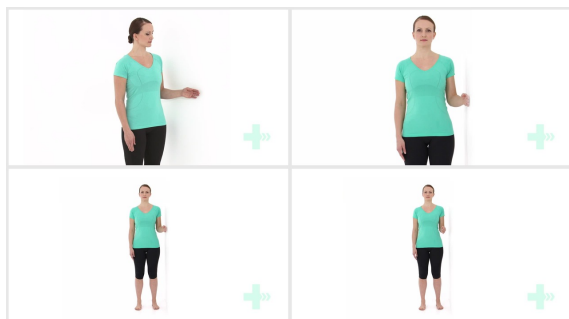




2 Sets / 10 Reps / 5 s hold



1. Isometric GHjt ER(N) (wall)

Stand up straight sideways to a wall.

Your affected side should be closest to the wall.

Bend your elbow.

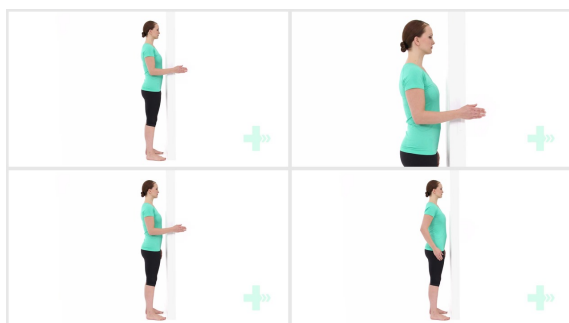
Press the outside of your forearm into the wall, ensuring the movement comes from your shoulder and not your wrist.

Imagine you are trying to rotate your forearm outwards.

The pressure on the wall should be on your forearm just above your wrist.

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

2 Sets / 10 Reps / 5 s hold



2. Isometric GHjt IR(N) (wall)

Stand up straight facing into a door frame.

Bend your elbow on your affected side and place your forearm in the doorframe so that the inside touches the wall..

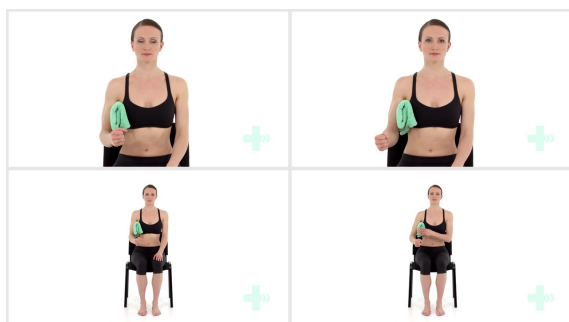
Press the inside of your forearm into the wall, ensuring the movement comes from your shoulder and not your wrist.

Imagine you are trying to rotate your forearm inwards.

The pressure on the wall should be on your inner forearm just above your wrist.

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

2 Sets / 10 Reps



3. Isometric GHjt adduction with active ER

Sit upright in a chair.

Place a folded towel between your upper arm and your body.

Squeeze your upper arm tightly against your body into the towel.

Ensure you keep your posture upright, with your shoulder blades relaxed throughout.

Maintaining this position, rotate your forearm outwards as far as you can manage comfortably.

Rotate your forearm back to the start position, ensuring you keep squeezing the towel throughout.

2 Sets / 10 Reps / 5 s hold

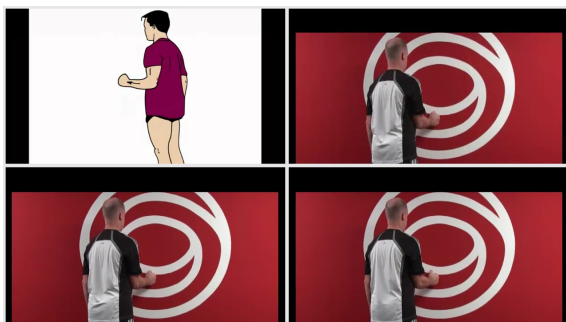


4. Isometric Shoulder extension

Stand close to a wall with your back against it, your elbow bent and your chin tucked in.

Without moving your body or your head, push your elbow back into the wall.

You can put a cushion between your elbow and the wall if there is discomfort.

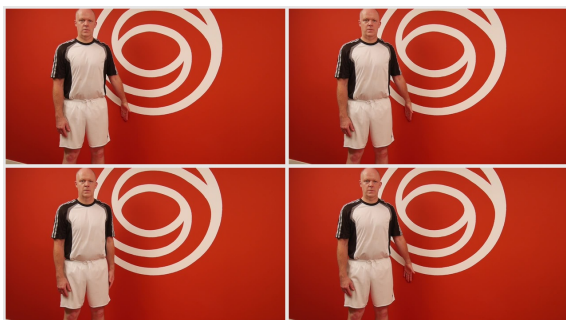


5. Isometric shoulder flexion in standing

Stand facing a wall, with your elbow tucked in by your side and bent to 90 degrees.

Push your fist into the wall while keeping your body and head steady.

Hold for required amount of time and then relax.



6. Isometric Shoulder Abduction (straight arm)

Stand with your arm straight on the side of your body.

Push your wrist against the wall while keeping your body and head still. Do not lean on the wall or use your body weight to push.

Hold for required amount of time and then return to starting position.