

Personal exercise program

shoulder exercises

Spire Healthcare

Spire Bushey Hospital

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PhysioTools Ltd

Stand facing a wall.

'Walk' your fingers up the wall as high as possible. Reverse down in the same way.

Repeat _____ times.



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Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible.

Repeat _____ times.



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Stand with your legs hip width apart and lean your upper trunk forward. Grip a pole/edge of a table with your hands.

Gently let the upper trunk drop down until you can feel stretching in your sides and chest muscles. Keep arms straight and stretch for approx. 20 secs.

Repeat _____ times.

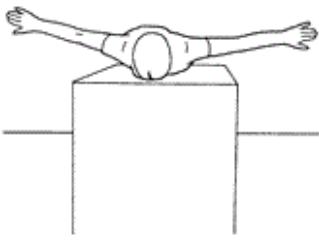


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Pull a rope through a ring located high above your head. Sit facing a wall. Hold onto both ends of the rope.

Lift your arm _____ degrees, assist by pulling down with the other hand.

Repeat _____ times.



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Lying face down with your arms out to the side.

Lift both your arms toward the ceiling with your little fingers leading the movement.

Repeat _____ times.



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Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Hold approx. _____ secs.

Repeat _____ times.