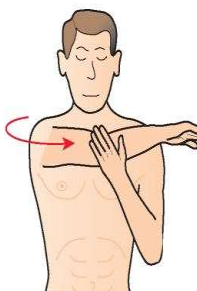


SHOULDER EXERCISES



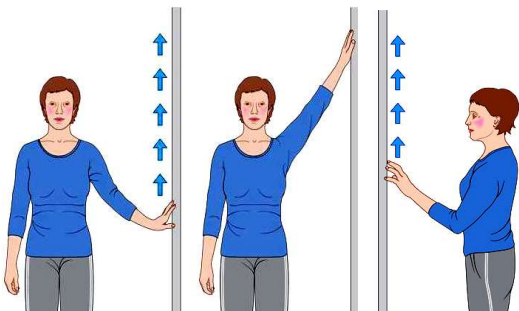
PENDULUM EXERCISES:

Hold the back of a chair with your good arm, bend forward a little and let your injured arm hang straight down. Then gently swing the injured arm back and forth like a pendulum, then in circles that are small initially and gradually grow larger each day.



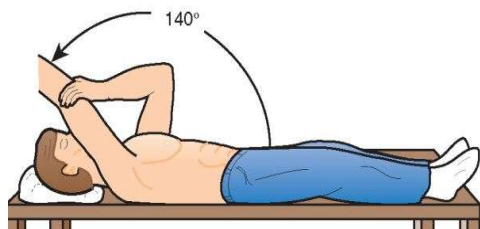
CROSS BODY SHOULDER STRETCH:

Hold the affected arm near the elbow with other hand and lift to the level of shoulder. Now using the other hand pull the affected arm to front of chest and across the chest allowing gentle stretch to the shoulder. Hold it for a count of 5 to 10.



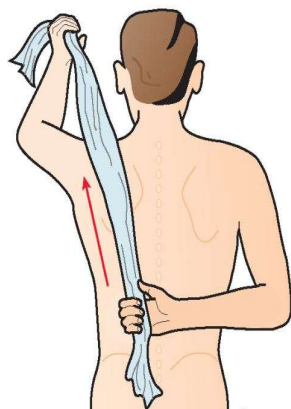
FINGER WALKING:

Stand with the affected shoulder facing the wall. Walk up the wall with your fingers as shown in the picture till you feel the stretch in the shoulder. In the same way repeat the same finger walking facing the wall. Repeat each exercise 5 to 10 times



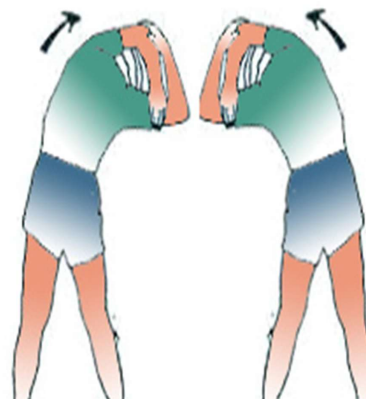
ASSISTED FORWARD ELEVATION:

Lie straight on the bed. Hold the affected arm near the elbow with the other hand and lift up until you feel the stretch in the shoulder. Hold for count of 5. Repeat 5 to 10 times.



TOWEL STRETCH:

Stand with your normal arm behind your head holding end of towel. Put your affected arm behind your back at the level of waist and grab the towel. Pull the towel up by normal arm giving stretch to the affected arm. Hold this for count of 5 and return back to normal position. Repeat 5 to 10 times.



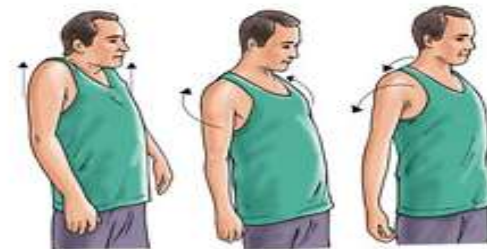
UPPER BACK STRETCH:

Stand upright and clasp your both arms behind the neck. Bend your upper back to one side until you feel the stretch. Hold for 5 to 10 seconds and repeat the same in opposite direction. Repeat 5 to 10 times on each side.



RESISTED INTERNAL ROTATION:

Stand sideways next to a door with your affected arm near to the door. Tie end of rubber tubing to door knob or railing at waist level. Bend your elbow to 90 degrees and hold the other end of the tubing. Try to pull the hand across the body and then back to starting position. Repeat 5 to 10 times.



SCAPULAR ACTIVE RANGE OF MOTION:

Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and together and hold for 5 seconds. Next pull your shoulder downwards as if putting them in your back pocket and hold for 5 seconds. Repeat all for a count of 5 to 10.



RESISTED EXTERNAL ROTATION:

Stand sideways next to a door with your affected arm away from the door. Tie end of rubber tubing to door knob or railing at waist level. Bend your elbow to 90 degrees and hold the other end of the tubing. Try to pull the tubing across the body and then back to starting position. Repeat 5 to 10 times.

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