

Exercises & Stretches for the Shoulders



Exercise 1 Shoulder Shrugs

Sitting forward on your chair. Slowly bring your shoulders up towards your ears.

Hold at the highest point for 3 seconds and slowly bring your shoulders back down.

3 sets of 10 reps (hold for three seconds)



Exercise 2 Front Raise

Sitting forward on your chair, with your arms by your side.

Lift both arms in front of your body until they are at shoulder height.

3 sets of 12 reps

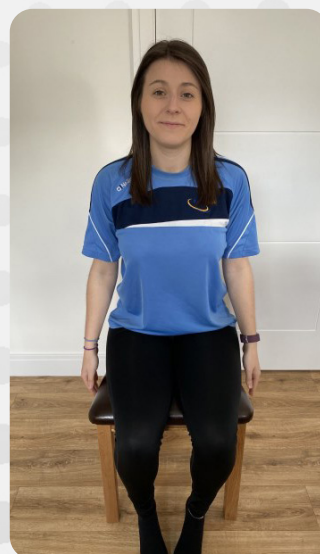


Exercise 3 Side Raise

Sitting forward in your chair, start with both arms by your side.

Bring both arms up until they are in line with your shoulders.

3 sets of 12 reps



Exercise 4

Rotator Cuff Upward Movement

Stand or sit with your arms raised with your elbow bent.

Keeping your shoulder and upper arm in the same position, bring your forearm up towards the sky.

3 sets of 12 reps



Exercise 5

Rotator Cuff Side Movement

Place both arms at your side with your elbow bent at a 90 degree angle.

Keeping your elbows at your side bring your forearm out in front of you.

3 sets of 12 reps



Exercise 6

Rotator Cuff Back Movement

Using a brush, mop or any similar thing you can find in the house, place both hands on the brush behind your back.

Pull the brush to the right as far as you can and hold for five seconds.

Slowly then pull the brush towards the left side, again holding for five seconds as the furthest point.

3 sets of 6 each side (holding for 5 seconds)



Stretch 1

Tricep Stretch

Bring one arm across your body and use your other arm, just above the elbow, to pull the arm further. Repeat with the other arm.

Hold for 15 seconds and repeat 3 times



Stretch 2

Tricep Stretch

Lift your arm and place your hand at the middle of your back.

Use your other hand to push the arm back and walk your hand down your spine as far as it can go to increase the range of motion.

Repeat with the other arm.

Hold for 15 seconds and repeat 3 times



Stretch 3

Chest Stretch

Sitting in a chair, lean forward slightly and run your hands up the side of the backrest of the chair.

Hold at the top of this movement.

Hold for 15 seconds and repeat 3 times

