

Personal exercise program

Shoulder Exercises

Coventry & Warwickshire NHS PT

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Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,
Coventry, United Kingdom

Provided for UPPER LIMB CLINIC

Training start date 20/01/2025



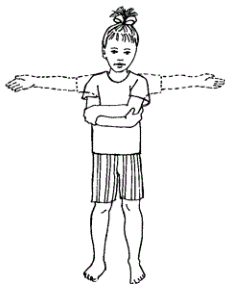
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Raise your clasped hands as far as you can above your head. Try to keep your elbows straight.

Hold this position for 5 seconds.

Slowly lower your arms.

Repeat this exercise _____ times.



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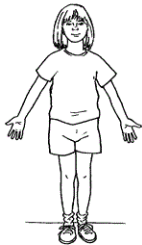
Standing.

Arms across chest.

Take arms out to side with palms facing the ceiling and continue the movement so your hands meet above your head.

Reverse.

Repeat _____ times.



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a) Stand with your feet slightly apart and your arms by your sides.



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b) Leading with your thumbs, lift your arms out to the sides as high as you can.

Keep your elbows straight. Try to touch your arms to the sides of your head.

Hold this position for 5 seconds.

Slowly lower your arms back to your sides.

Repeat this exercise _____ times.

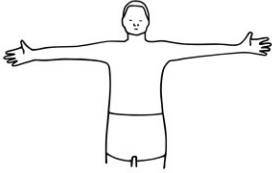


b) Move your right arm across your body, keeping your arm at shoulder level and your elbow straight. With your other hand, help stretch your right arm across your body as far as you can.

Hold this position for 5 seconds.

Repeat this exercise _____ times.

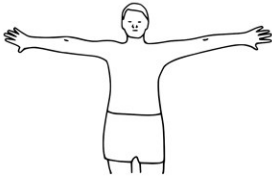
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Thumbs in and out

Stand, with arms stretched out sideways facing palms to front.

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Turn wrist, facing palms back.

Then turn palms to front.

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