

Πύργος Αθηνών, Κτίριο Γ', 2^{ος} όροφος, Λεωφ. Μεσογείων 2-4, Αθήνα 115 27

Τηλ.: 210 7712792 | **Κινητό:** 697 20 999 11 | **E-mail:** cky@orthosurgery.gr

ISOMETRIC SHOULDER EXERCISES: PHASE 2

Do each exercise _____ times a day.

Repeat each exercise _____ times.

Hold each position for _____ seconds.

MOST OF THESE EXERCISES WILL BE DONE AGAINST A WALL OR DOORWAY. A PILLOW IS USED TO PROVIDE SOME CUSHIONING, BUT THESE EXERCISES COULD ALSO BE DONE WITHOUT THE PILLOW.

SHOULDER FLEXION

- o Stand facing the wall. Make a fist with your _____ hand and place a pillow between the wall and your fist.
- o Push your fist in toward the wall.
- o Hold and then relax and repeat.



SHOULDER EXTENSION

o Turn so your back is towards the wall.

o With the pillow between the wall and the elbow of your _____ arm, push your elbow back into the wall.

o Feel the resistance from the wall.

o Hold. Relax and then repeat.



SHOULDER ABDUCTION

o With your _____ side towards the wall, place the pillow between the wall and your elbow.

o You can have the elbow bent or straight.

o Stand with your feet about shoulder width apart for balance.

o Push your elbow out towards the wall.

o Hold and then relax. Repeat.



_ SHOULDER ADDUCTION

- o With the pillow under your _____ arm, use your elbow to squeeze the pillow into your body.
- o Hold and then relax and repeat.



_ SHOULDER EXTERNAL ROTATION AT 0°

- o With your _____ side towards the wall, place the pillow between the wall and your elbow.
- o Stand with your feet about shoulder width apart for balance.
- o Keeping your arm against your side, push your hand out into the wall.
- o Hold and then relax and repeat.



_ SHOULDER EXTERNAL ROTATION AT 90°

- o Stand with feet shoulder width apart and _____ side towards the wall.
- o Bring your _____ arm up so your upper arm is parallel to the floor and bend your elbow 90 degrees.
- o With the pillow between the wall and your elbow, push your elbow out towards the wall.
- o Feel the wall resist your motion.
- o Hold and then relax and repeat.



_ SHOULDER INTERNAL ROTATION AT 0°

- o Stand at a corner of the wall or in a doorway so the inside of your _____ arm is to the outside of the corner.
- o Place pillow between the wall and the palm of your _____ arm.
- o Push your hand into the wall.
- o Keep your elbow in at your side.
- o Hold and then relax and repeat.



_ SHOULDER INTERNAL ROTATION AT 90°

- o Stand at a corner of the wall or in a doorway so the inside of your _____ arm is to the outside of the corner.
- o With your _____ arm raised up to shoulder height, bend your elbow so your lower arm is parallel to the wall.
- o Have the pillow between your lower arm and the wall.
- o Press in against the pillow with your elbow.
- o Feel the wall resist your motion.
- o Hold and then relax and repeat.

