

Shoulder Care Exercises

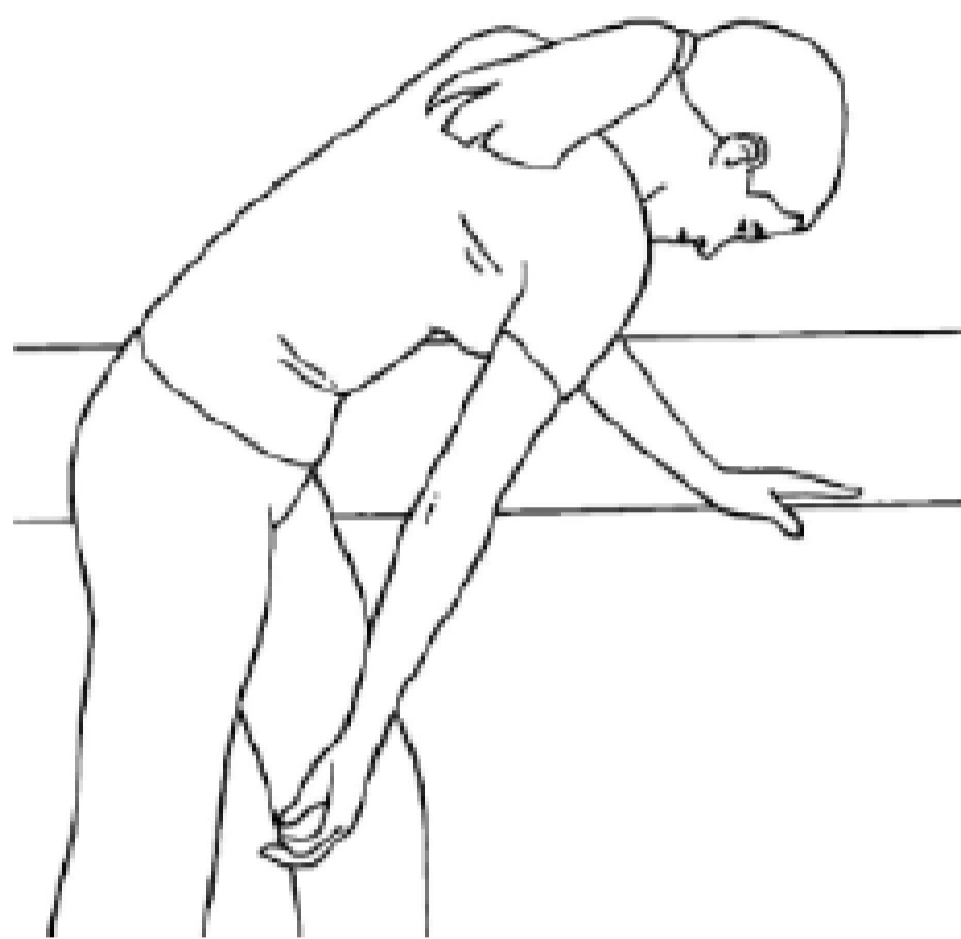


Ealing and Harrow Community Services

GP Generic Shoulder Mobilising Exercises

April 2010

Stretch gently. Stop any exercise causing tingling or severe pain.



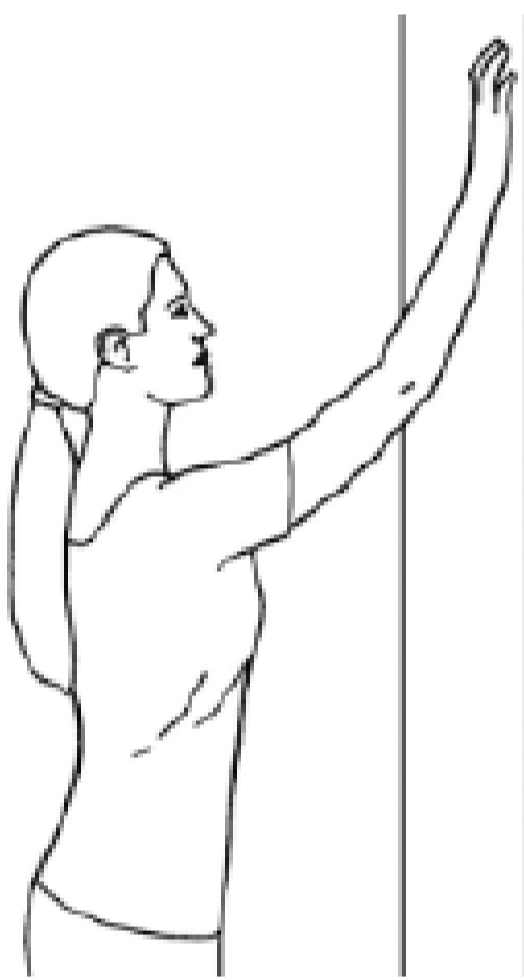
Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down.

Swing your arm: - forwards and backwards
- side to side
- in a circle

Repeat 10 times.

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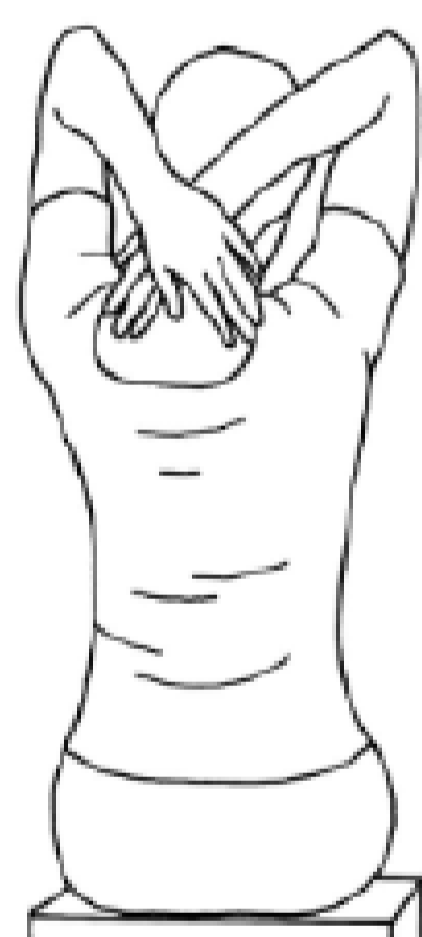


Stand facing a wall.

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

Repeat 10 times.

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Sit or stand.

Lift your hands up and reach to touch the back of your neck.

Repeat 10 times.

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Stand with arms behind your back and hold one hand.

Slide your hand up along your back.

Hold for 5 seconds.

Repeat 10 times.

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