



EXERCISES FOR SHOULDER PAIN

These physiotherapy exercises may be helpful. We recommend you consult a physiotherapist for advice before commencing them:



Shoulder rolls

Sit down and relax your shoulders. Keep your hands relaxed on your lap. Gently roll your shoulders forwards in a circle 10 times. Stop, relax, and then repeat 10 times backwards.



Pendulums

Lean forward with your good arm on a chair or table. Let your affected arm hang free and relaxed. Swing it in small circles 10 times. Stop and then repeat in the opposite direction 10 times.



Active Flexion & Abduction

Stand and raise both arms in front of you, overhead, as high as you can. Take your arms out to the side as you lower them down. Repeat 10 times.



Rhomboid stretch

In sitting, push shoulders forward, stretch the arms diagonally forwards and down keeping your chin in. Hold the stretch for 20 seconds. Repeat 3 times



Cat stretch

Start in a crawling position. Hollow your back. Keep your neck long and elbows straight. Repeat 10 times



Pectoral stretch

Stand in a walking position. Bend your elbow and support the forearm against a door frame or corner. Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles. Hold for 20 seconds. Repeat 3 times

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