



# SHOULDER REHABILITATION EXERCISES

**Aster**  
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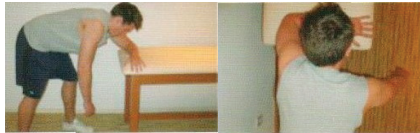


Digital Version

### 1. PENDULUM EXERCISES

Bend forward at the waist, (back parallel to ground is ideal). Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause minimal pain.

Motions: Front to Back, Side to Side, Clockwise Circles, Counter clock wise Circles



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 2. FLEXION IN SUPINE

Slowly raise arm overhead, keeping elbows straight.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 3. FLEXION IN STANDING

Keep elbow straight throughout each repetition. Slowly push affected arm up.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 4. EXTENSION

Keep elbow straight throughout each repetition. Slowly Push Affected arm back.



Perform \_\_\_\_ repetitions \_\_\_\_ times per day

### 5. ABDUCTION

Keep elbow straight through each repetition. Slowly push affected arm back.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 6. INTERNAL ROTATION

Hold wand behind you. Slowly raise hands up then slowly return to starting point



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 7. EXTERNAL ROTATION

Place towel roll under elbow. Keep elbow bent 90 degree. Slowly push hand toward floor



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 8. ADDUCTION

Holding on to the end of the wand with the right hand, right elbow slightly flexed. Left hand is on the mid shaft on the wand and pulls right shoulder across. The body (for exercising an involved right shoulder, reverse hands for an involved left shoulder)



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 9. WALL AND LADDER

Stand facing the wall starts from downward up to pain point and hold for 10 secs and return to starting point.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 10. TOWEL EXERCISE

Hold the towel backward painful hand down and unaffected hand up and move the towel up and down.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

### 11. PULLEY

#### Shoulder flexion

Hold the pulley painful hand down and unaffected hand up and move up and down.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

#### Shoulder abduction

Hold the pulley painful hand down and unaffected hand up and move up and down.



Perform for \_\_\_\_ repetitions \_\_\_\_ times per day.

All Exercises should be done as per the prescribed dosage and frequency for maximum benefit.

**Caution:** You should stop exercise immediately if pain increases/persists. Consult a physiotherapist



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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