

Personal exercise program

Early shoulder mobilisation

WARWICK
PHYSIO + REHAB

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

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Provided for Website Website
Training start date 16/10/2019



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Stand leaning on a table with one hand. Hold a 1-2 kg weight in the other hand.

Let your arm hang relaxed straight down. Then let it swing relaxed in various directions. Strive for 10-20 cm swings and do the exercise approx. 5-10 min.

Repeat _____ times.



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Stand or sit.

Lift your arm forward assisting the movement with your other hand.

Repeat _____ times.



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Standing with hands clasped in front of you.

Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.

Repeat _____ times.



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Shoulder Abduction to 90 Degrees

Stand up straight, with arms by your sides.

Lift your arm sideways to horizontal with the thumb leading the movement. Lower the arm back to the starting position.

Repeat _____ times.



Sit or stand. Keep upper arms close to the sides and elbows at right angles.

Turn forearms outwards.

Repeat _____ times.