

# Shoulder Isometrics

## PENDULUM SWINGS



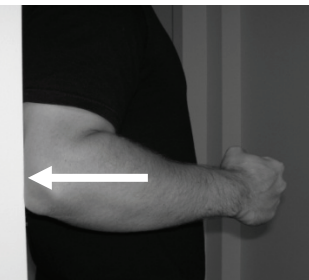
1. Assume position shown, lettering \_\_\_ arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up – use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with arm moving in circular patterns, clockwise and counterclockwise
5. 15 Repetitions, each direction, 2X day

## SHOULDER FLEXION



1. Push bent \_\_\_ arm against wall as if to flex at the shoulder
2. Hold 5-10 seconds, relax
3. 5-10 repetitions, 1X day

## SHOULDER EXTENSION



1. Push bent \_\_\_ arm against wall as shown as if to extend at the shoulder
2. Hold 5-10 seconds, relax
3. 5-10 repetitions, 1X day

## EXTERNAL ROTATION



1. Place \_\_\_ arm against wall with elbow bent as shown
2. Try to push the arm outward, but resist the motion with the wall. Maintain elbow at 90 degrees.
3. Hold 5-10 seconds
4. 5-10 repetitions, 1X day

## INTERNAL ROTATION



1. Place \_\_\_ arm against wall with elbow bent as shown
2. Try to push the arm inward, but resist the motion with the wall. Maintain elbow at 90 degrees.
3. Hold 5-10 seconds
4. 5-10 Repetitions, 1X day

## SHOULDER ABDUCTION



1. Place \_\_\_ arm straight against wall
2. Try to raise arm out to side, but resist the motion with the wall
3. Hold 5-10 seconds
4. 5-10 repetitions, 1X day

## ELBOW FLEXION



1. Assume position shown, with \_\_\_ arm on the bottom and palm of hand facing upward as shown
2. Try to bend the elbow, but resist with the top hand
3. Hold 5-10 seconds
4. 5-10 repetitions, 1X day

## ELBOW EXTENSION



1. Assume position as shown, with \_\_\_ arm on the top
2. Try to straighten the elbow, but resist with the bottom hand
3. Hold 5-10 seconds
4. 5-10 repetitions, 1X day

## CRYOTHERAPY

\_\_\_ MINS \_\_\_ X per day

Ice Cup      Ice Bag

Staff \_\_\_\_\_

Phone \_\_\_\_\_