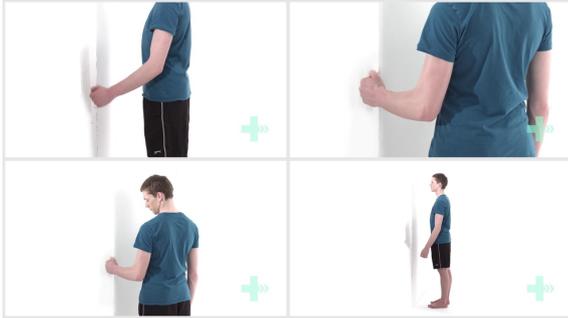


Pure Physiotherapy  
963 Penistone Road  
Hillsborough  
Sheffield, S6 2DH

Complete 3x per week (Mon,Wed,Fri)  
always give a days rest between exercises

Next appt 9.20 28/05/2020

3 Sets / 8 Reps / 5 s hold

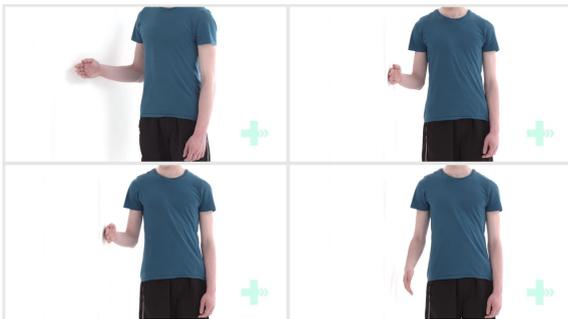


### 1. Isometric shoulder internal rotation

Sit or stand up straight next to a wall or door frame.  
Keep your affected arm by your side and bend your elbow to 90 degrees.  
Place the inside of your wrist against the wall.  
Without moving your body, press firmly into the wall as if turning your hand in towards your stomach.  
Do not allow your upper arm to drift too far away from your side.  
Hold this position, and then relax.

*Press wrist into the inside of the doorframe hold for 5 seconds as hard as you can without pain*

3 Sets / 8 Reps / 5 s hold

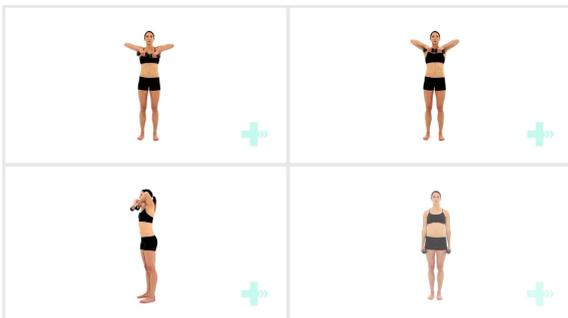


### 2. Isometric shoulder external rotation

Sit or stand up straight next to a wall.  
Keep your affected arm by your side and bend your elbow to 90 degrees.  
Place the back of your wrist against the wall.  
Without moving your body, press your wrist into the wall as if turning your forearm outwards.  
Hold this position and then relax.

*Press wrist out into the wall hold for 5 seconds as hard as you can without pain*

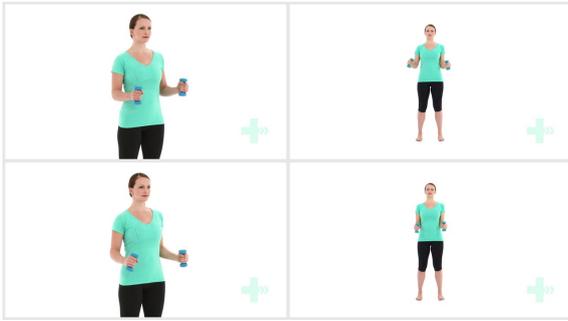
3 Sets / 8 Reps / 2lbs weight



### 3. Upright row with weights

Hold a weight in each hand and hold them by your side.  
Lift your elbows up towards the ceiling, making sure your elbows stay higher than your hands at all times.  
Your hands will draw up in front of your body.  
Control the movement back to the start position, making sure you do not allow your shoulders to hunch at any point.

*Can be done sitting or standing, with 1x 500ml bottle in each hand or tin of beans. Overhand grip pull your hands up to just under your chin, then slowly lower over 5 seconds and repeat*



#### 4. AROM shoulder abduction and ER with weight (bi-lateral)

Stand with your legs hip width apart, and your knees slightly bent.

Hold a weight in each hand.

Make sure your shoulders are relaxed.

Bend your elbows to 90 degrees.

Leading with your elbows, lift your arms out to your side as far as you can manage comfortably.

Ensure you do not hunch your shoulders or lean your body as you do this.

Control the movement as you lower back down.

*Can be done sitting or standing making sure there is enough room to the sides.*

*With elbows bent and 1x 500ml bottle or tin in each hand lift elbows out and up level with shoulders. Work up and down at a comfortable speed for you*