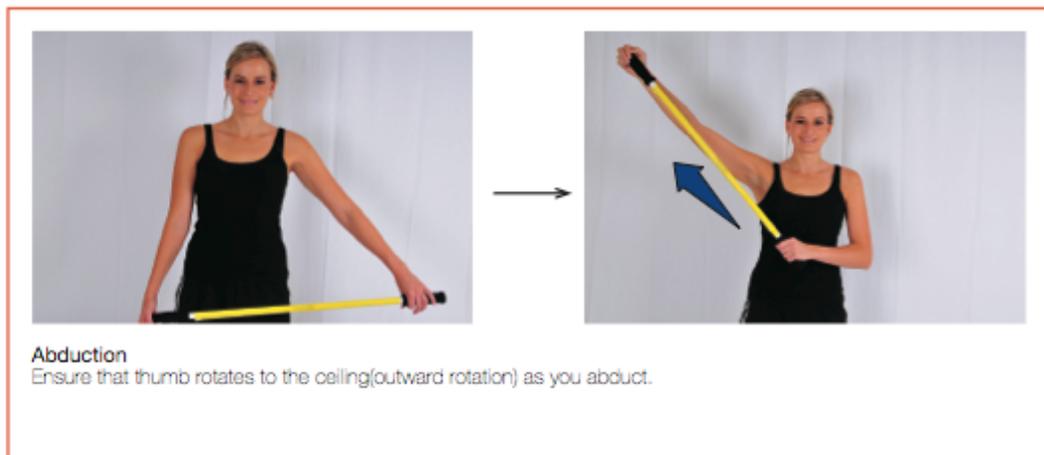
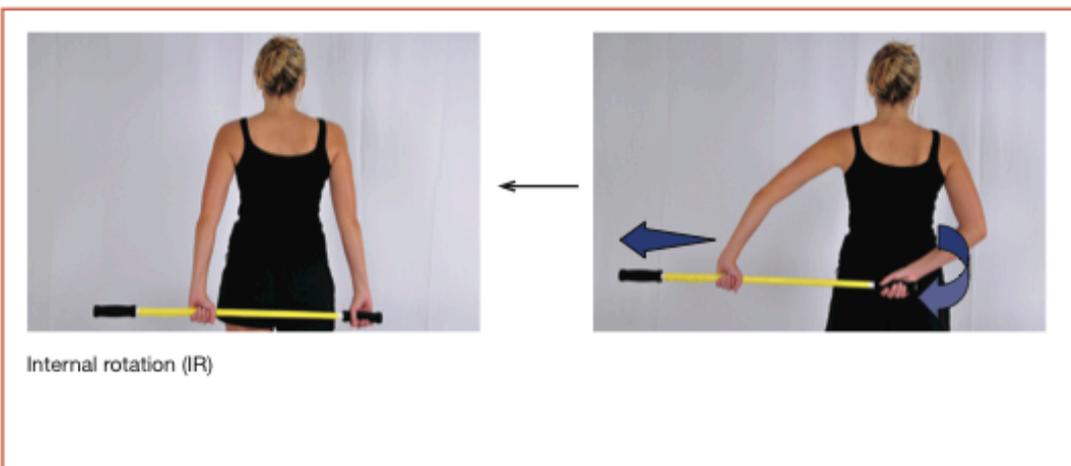
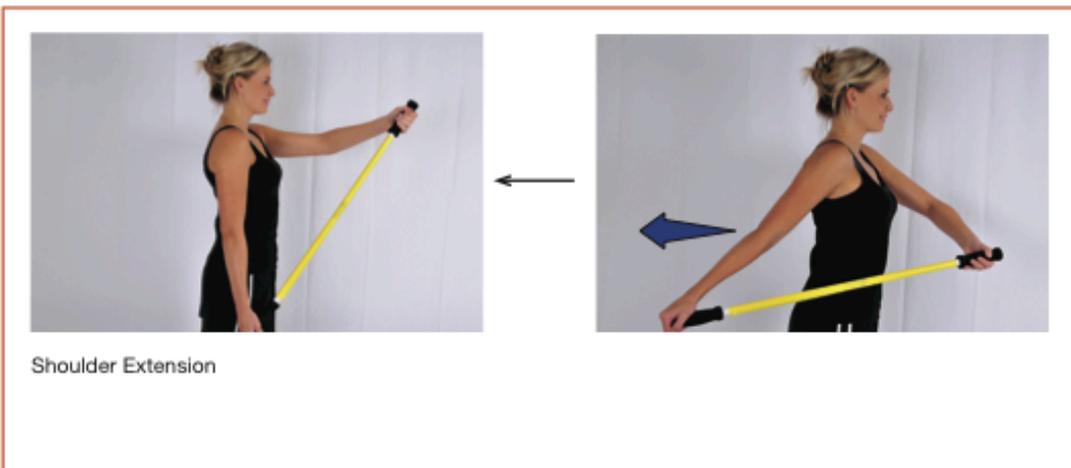
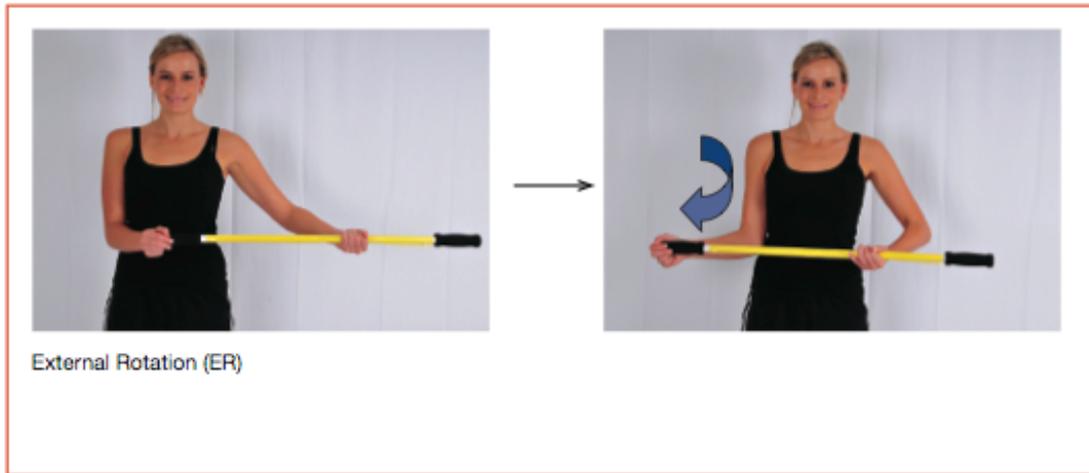
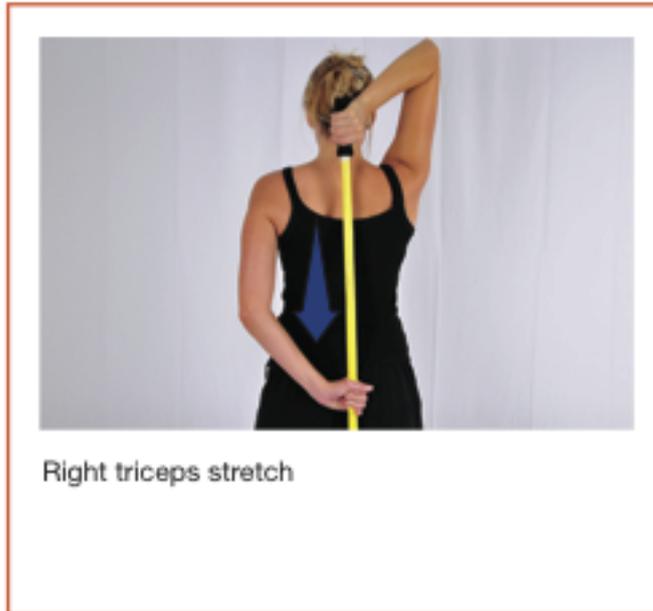


SHOULDER EXERCISES USING A STICK

- These exercises may be useful in improving your shoulder range of movement following injury or surgery.
- A simple broomstick will suffice.
- Perform all stretches into discomfort but NOT pain.
- Do 2 sets of 8-10 repetitions of each movement 2 x day.
- Think about good shoulder posture when doing the movement i.e. keep your shoulder blade down and away from your ear.
- In the pictures below the RIGHT arm is the injured arm.
- Speak to your therapist if you have any queries.







Struggling tucking in your shirt, doing up your bra or drying your back with a towel?

The above exercise can be modified to help with this.

- Take your injured arm (right in the picture above) and place it behind your back by your bottom.
- Then your strong arm (left in the picture above) can go by your head.
- Place the stick in between both hands, letting it run along the length of your spine.
- Now use your strong left arm to pull the right arm **UP** your spine to improve your range of motion.