

Web Appendices: Patient exercise handouts.

Open chain initial exercises

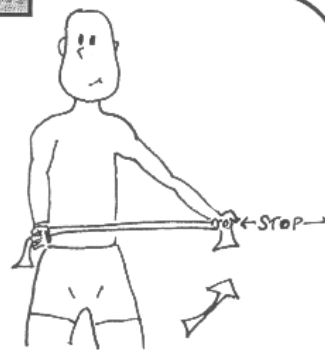
Exercise 1

Hold the band in both hands so there is minimal tension on the band and your arms are straight by your body. Ensure your thumb is pointing outwards.

Keeping the affected arm straight, raise it sideways away from your body (like a bird lifting its wing).

Stop at waist level. Return slowly.

**Repeat 30 times (3 sets of 10 repetitions)
2x daily**

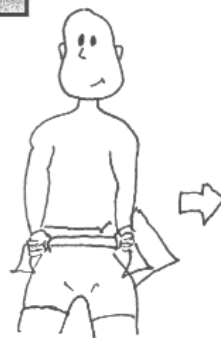


Exercise 2

Hold the band in both hands so there is minimal tension on the band. Gently squeeze a towel/ magazine between your elbow and body.

Keeping the elbow bent to 90 degrees, turn the arm outwards. Return slowly.

**Repeat 30 times (3 sets of 10 repetitions)
2x daily**



Exercise 3

Hook the band around a solid, secure object (such as the end of your stair banister). Hold the loose ends in your affected hand so there is minimal tension on the band. Gently squeeze a towel/ magazine between your elbow and your body.

Keeping the elbow bent to 90 degrees, pull the band across your body. Return slowly.

**Repeat 30 times (3 sets of 10 repetitions)
2x daily**



Open chain progress exercises

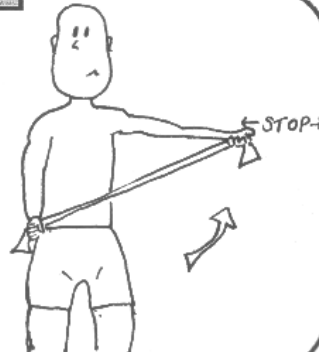
Exercise 1

Hold the band in both hands. Start with your arm out to the side at waist height so there is minimal tension on the band. Ensure your thumb is pointing outwards.

Keeping your arm straight, raise it further out to the side of your body (like a bird lifting its wing).

Stop at shoulder level. Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily

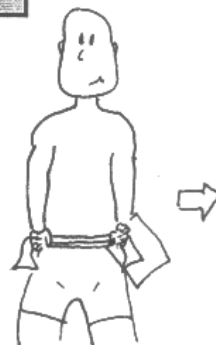


Exercise 2

Hold the band in both hands so there is minimal tension on the band. Gently squeeze a towel/ magazine between your elbow and body.

Keeping the elbow bent to 90 degrees, turn the arm outwards. Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Exercise 3

Hook the band around a solid, secure object (such as the end of your stair banister). Hold the loose ends in your affected hand so there is minimal tension on the band. Gently squeeze a towel/ magazine between your elbow and your body.

Keeping the elbow bent to 90 degrees, pull the band across your body. Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Closed chain initial exercises

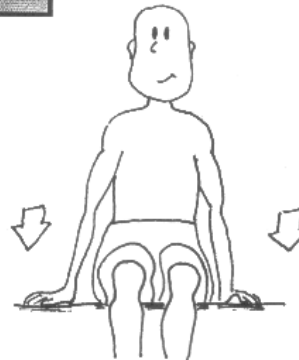
Exercise 1

Sit with your palms resting on a surface, and your shoulders relaxed.

Push both arms down into the surface, so your elbows straighten and the arms grow as long as possible.

Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



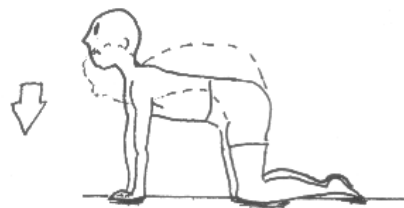
Exercise 2

Kneel on all fours with your elbows straight.

Push your arms down into the surface so they grow as long as possible, and your shoulder blades arch upward.

Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Exercise 3

Press up against the wall, allowing your elbows to go directly out to the side.

As you straighten your arms, ensure they grow as long as possible so your shoulder blades arch away from the wall.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



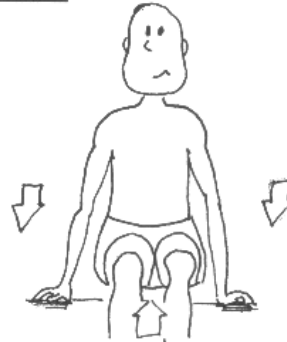
Closed chain progression exercises

Exercise 1

Sit with your palms resting on the surface, and your elbows straight.

Push down into the surface so your arms grow as long as possible. Pull in your stomach muscles and allow your bottom to lift off the surface.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Exercise 2

Kneel on all fours with your elbows straight. Push your arms down into the surface so they grow as long as possible and your shoulder blades arch upwards. Once they are arched as far as possible, slowly lift your unaffected arm from the surface until it is level with your head. Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Exercise 3

Do a single arm press up, using your affected arm. Allow the elbow to move straight out to the side.

As you straighten the arm, ensure it grows as long as possible so your shoulder blade arches away from the wall.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



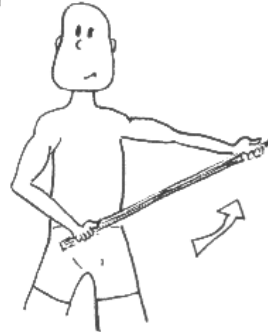
Range of movement initial exercises

Exercise 1

Hold a stick or similar object with the affected hand on the top end of the stick and your thumb pointing outwards.

Using the unaffected arm, push the stick straight out to the side of your body (like a bird lifting its wing).
Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily

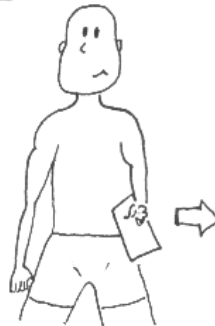


Exercise 2

Gently squeeze a towel/ magazine between your elbow and your body.

Keeping your elbow bent to 90 degrees, turn your arm outwards. Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Exercise 3

Pull your affected hand across to the middle of your lower back.

Try to pull your hand up your back using your unaffected hand. Return slowly.

Repeat 30 times (3 sets of 10 repetitions)
2x daily



Range of movement progression exercises

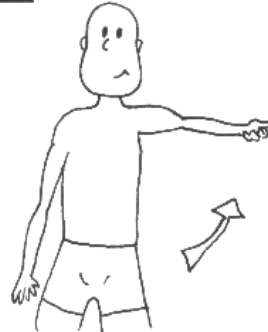
Exercise 1

Start with your arm by your side and your thumb pointing outwards.

Keeping your arm straight, raise it sideways away from your body (like a bird lifting its wing).

Return slowly.

Repeat 30 times (3 sets of 10 repetitions)

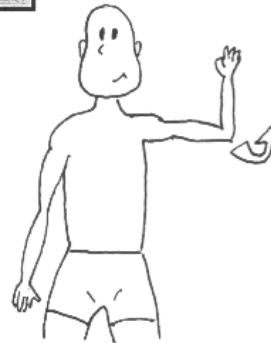


Exercise 2

Keeping your elbow bent to 90 degrees, raise your upper arm sideways away from your body (like a bird lifting its wing) to a maximum of shoulder level.

Turn the forearm upwards. Return slowly.

**Repeat 30 times (3 sets of 10 repetitions)
2x daily**



Exercise 3

Keeping your elbow bent to 90 degrees, raise your upper arm sideways away from your body (like a bird lifting its wing) to a maximum of shoulder level.

Turn the forearm downwards. Return slowly.

**Repeat 30 times (3 sets of 10 repetitions)
2x daily**

