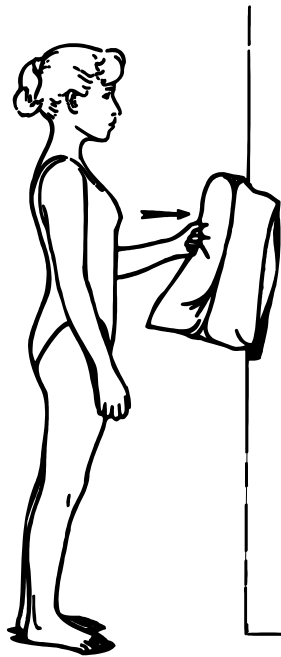


Reliant Medical Group

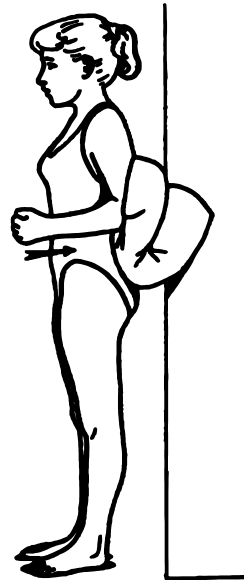
Rehabilitation & Sports Medicine General Shoulder



SHOULDER - 29
Strengthening Activities:
Isometric Flexion

Using a wall to provide resistance, press fist into pillow as shown, using light pressure.

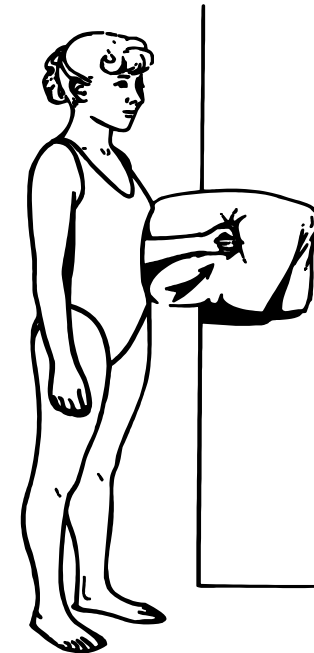
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.



SHOULDER - 31
Strengthening Activities:
Isometric Extension

Using a wall to provide resistance, press back of arm into pillow as shown, using light pressure.

Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.



SHOULDER - 36
Strengthening Activities:
Isometric External Rotation

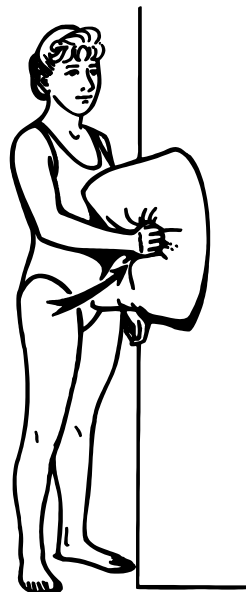
Using wall to provide resistance, and keeping arm tucked in at side, press back of hand into pillow, using light pressure.

Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

SHOULDER - 37
Strengthening Activities:
Isometric Internal Rotation

Using door frame to provide resistance, press palm of hand into pillow as shown, using light pressure.
Be sure to keep elbow in at side.

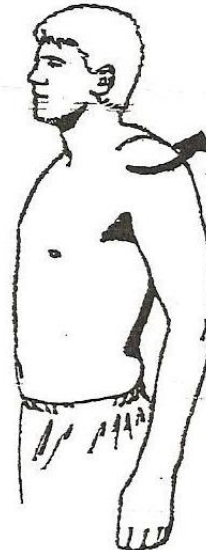
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.



SCAP SETS

Pull your shoulders back, pinching the shoulder blades together. Do not let the shoulders come forward.

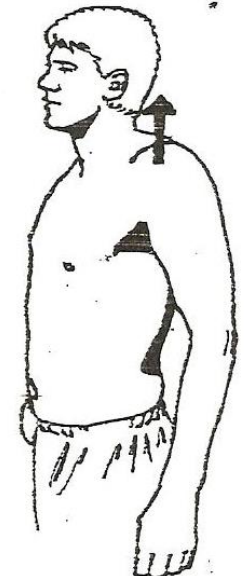
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.



SHOULDER SHRUGS

Shrug your shoulders up toward your ears.

Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-31
Westboro 508-871-0789 Leominster 978-840-1900 Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets