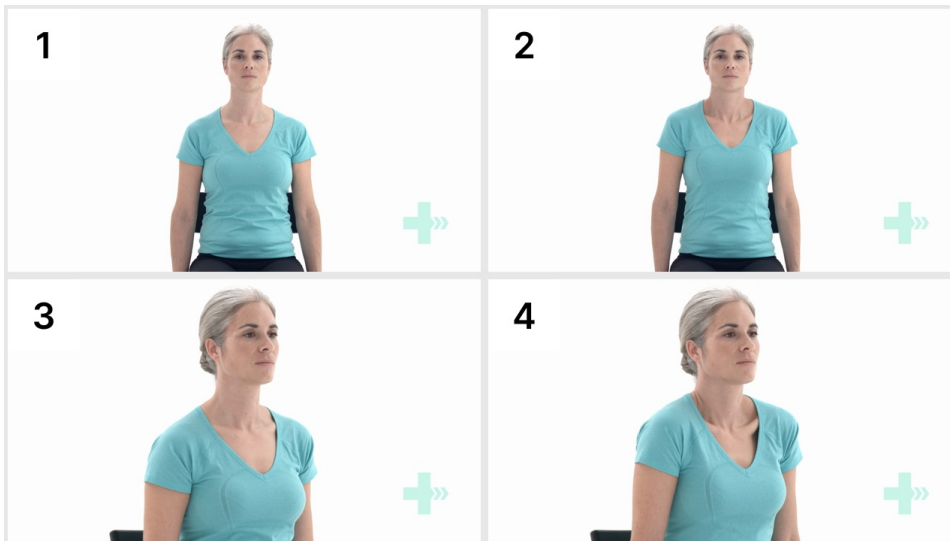


## 1. "Shoulder shrugs" Scapular elevation strengthening isometric, sitting

3 Sets • 10 Reps • 3 s hold



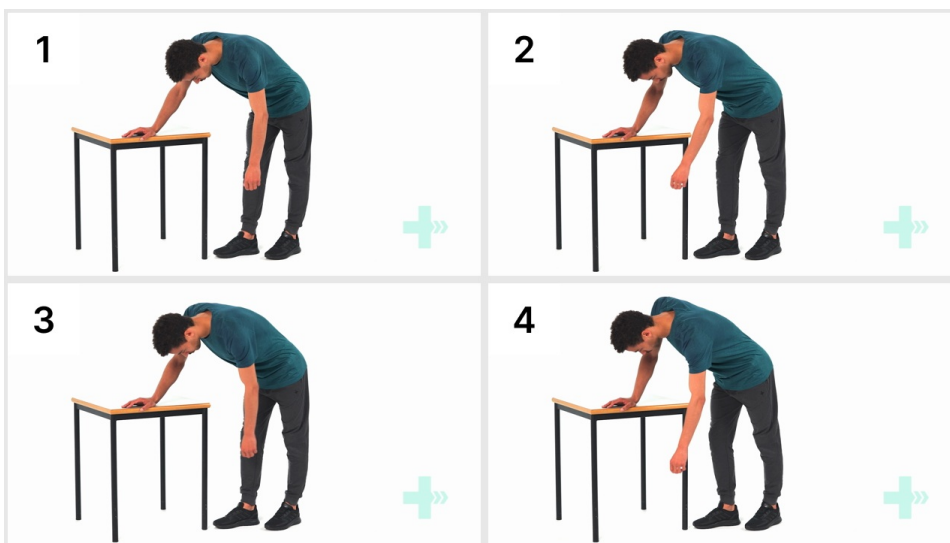
Relax your arms by your side or on a table.

Shrug your shoulders up to your ears.

Hold this position, before you completely relax your shoulders back down.

## 2. Pendular exercises - Version 2

3 Sets • 10 Reps • 20 sec duration



Lean onto a table with your good arm, letting your affected arm dangle forwards in front of you.

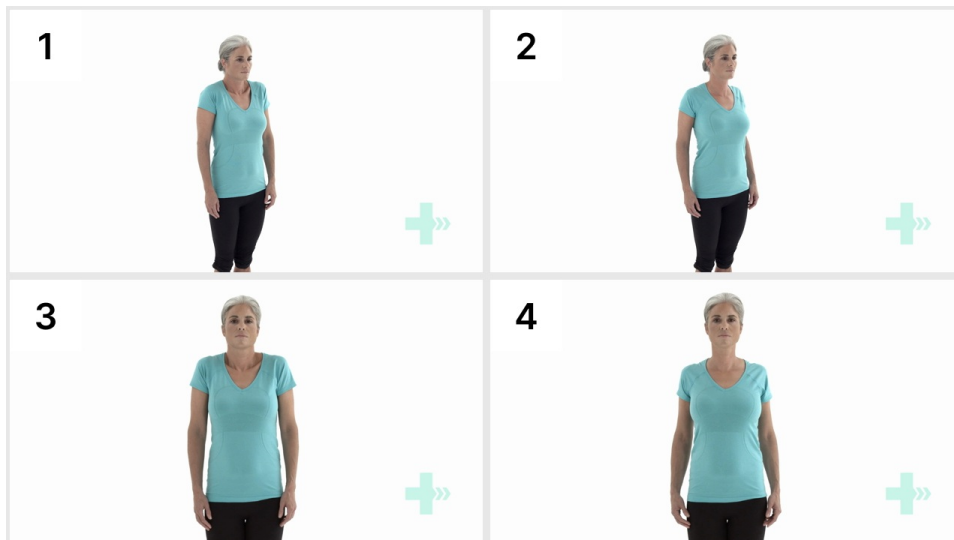
Using gentle movements of the body, allow your arm to swing forward and backward, side to side, and in circles.

Keep your arm and shoulder relaxed.

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### 3. Shoulder/scapula circles AROM, warm up, standing

3 Sets • 10 Reps



Stand upright and prepare to start the shoulder roll exercise.

This exercise is very important for maintaining good posture and mobility in your shoulders and upper back

Shrug your shoulders up towards your ears; now slowly roll them backwards and downwards whilst trying to squeeze your shoulder blades together.

Relax and return back the starting position and repeat as directed.

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### 4. Shoulder flexion to 180° AAROM, with stick, supine

3 Sets • 10 Reps • 3 s hold



Lie on your back holding a stick across your body in each hand.

Your arms should be around shoulder width apart, or slightly wider depending on what is comfortable.

Using your unaffected hand to assist the movement, lift the stick directly up into the air. Continue to raise the stick up and over your head, aiming to touch the floor above you. It's ok if your elbows soften a little here.

Control the movement as you slowly lower your arms back down again, and repeat.