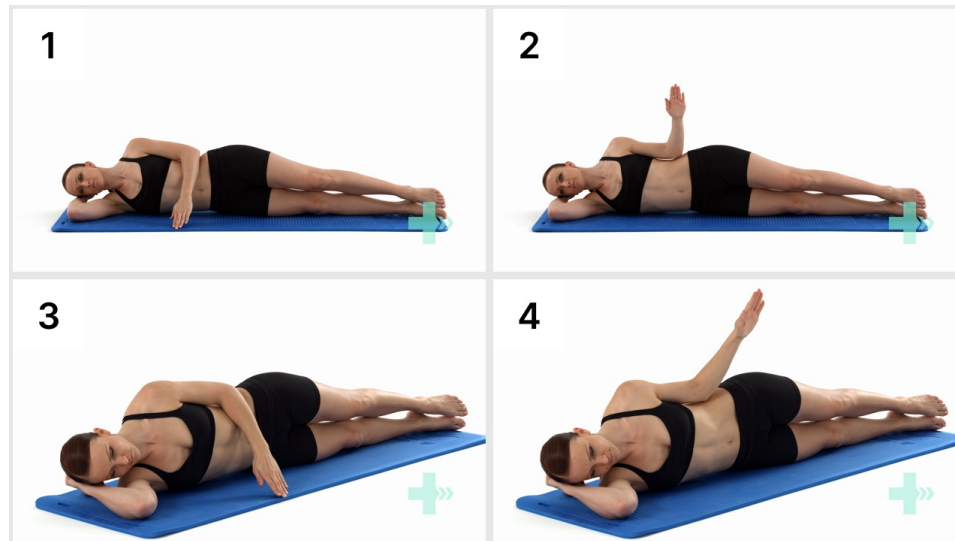


## 1. Shoulder external rotation AROM, arm bent, side lying

3 Sets • 8 Reps • 3 s hold



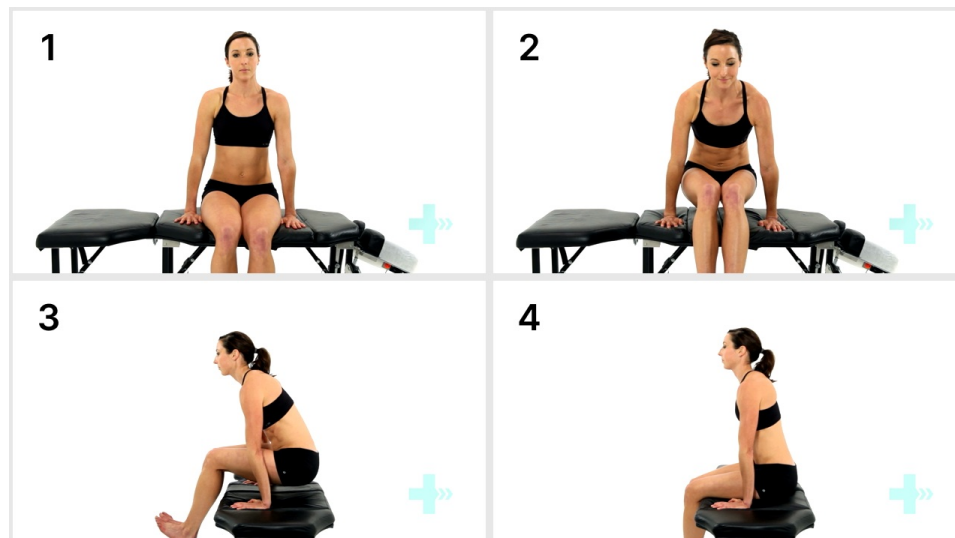
Lie down on your unaffected side.

Place your symptomatic arm down along the side of your body.

Bend your elbow to a right angle and rotate your forearm up and down, maintaining contact between your upper arm and the side of your body.

## 2. "Triceps lift up" Elbow extension/scapular depression strengthening, sitting on table

2 Sets • 15 Reps • 5 s hold



In a seated position, place your hands beside your hips.

Press down through the hands, straightening your arms and lifting your buttocks and feet up.

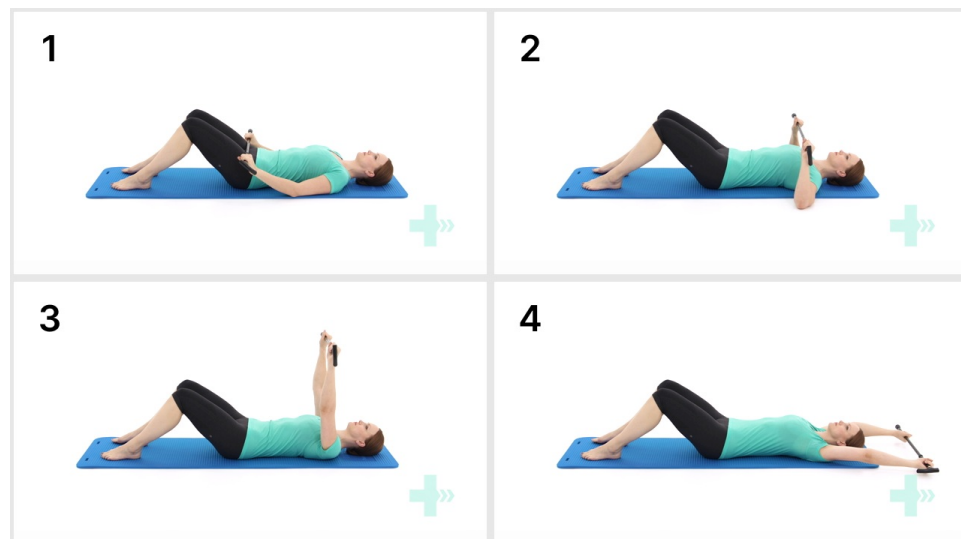
Drive your hands into the chair, depressing your shoulders as much as you can.

Control the movement back to the seated position.

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### 3. "Chest press" Shoulder AAROM, with stick, into flexion overhead, supine

2 Sets • 10 Reps • 5 s hold



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

Bend your elbows so that the stick lies across your chest.

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 above your chest.

Raise the stick up and over your head, aiming to touch the floor above you.

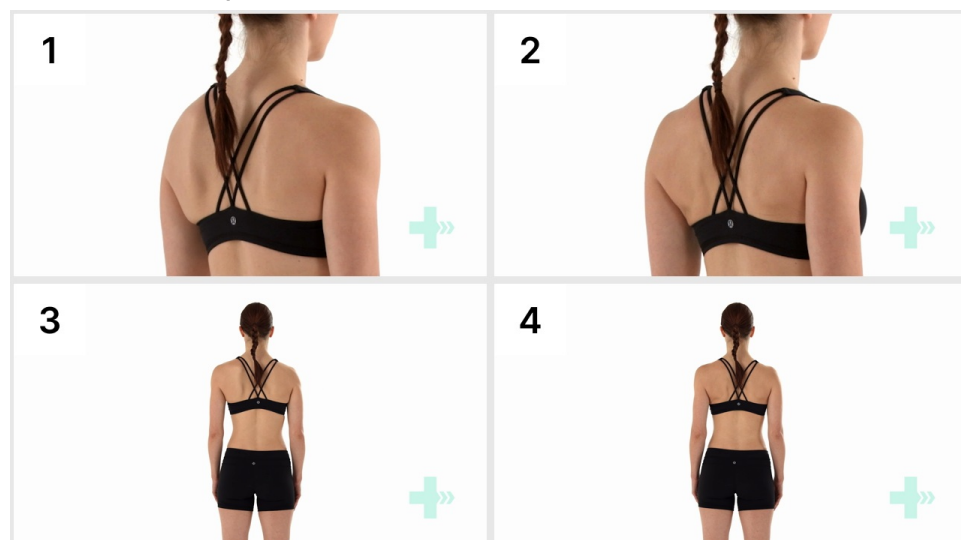
It's ok if your elbows soften a little here.

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

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### 4. Scapular retraction/depression strengthening, standing

2 Sets • 10 Reps • 5 s hold



Start in an upright standing position.

Practice bringing your shoulder blades back and down.

Picture gently drawing your shoulder blades towards the hip on the opposite side.

This is a subtle movement, ensure you do not over strain your shoulder blades when performing this action.