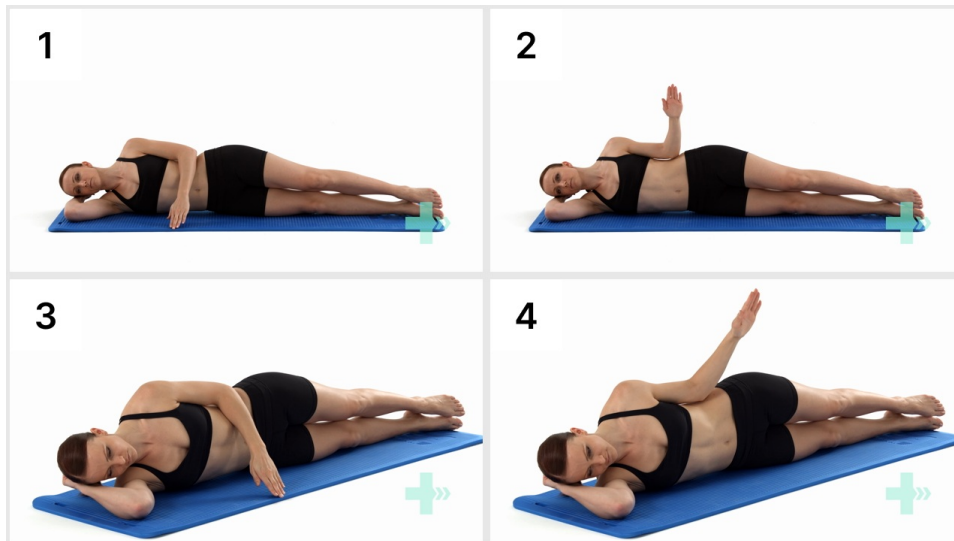


1. Shoulder external rotation AROM, arm bent, side lying; 02

3 Sets • 10 Reps • 3 s hold



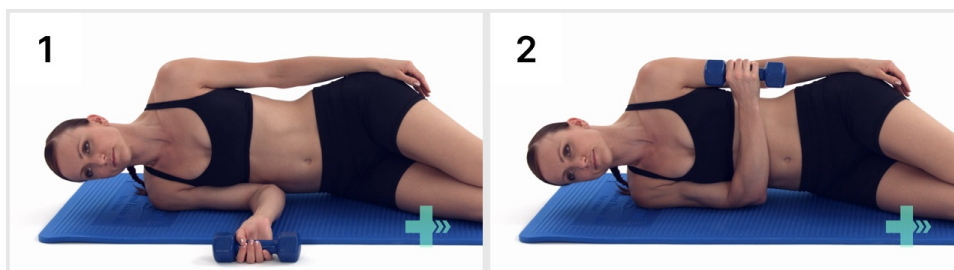
Lie down on your unaffected side.

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. Shoulder internal rotation strengthening, with dumbbell, arm bent, side lying

3 Sets • 10 Reps • 2lbs weight



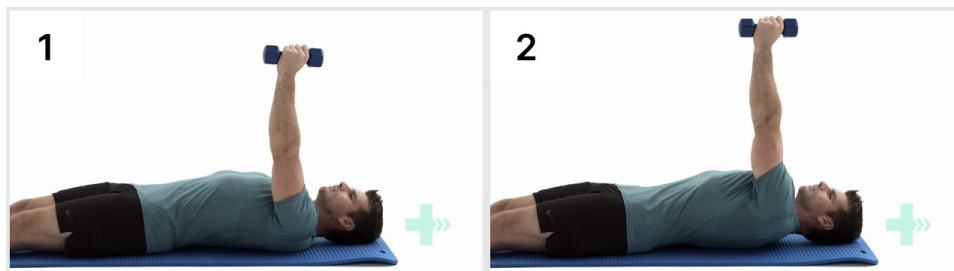
Lie on your affected side holding a weight in your hand and with your elbow bent to 90 degrees.

Turn your forearm in towards your body, lifting the weight.

Control the movement back to the start position.

3. "Serratus punch" Scapular protraction strengthening, with dumbbell, supine

3 Sets • 10 Reps • 2lbs weight



Lie on your back with your arms and legs straight, holding a weight in the hand of your affected side.

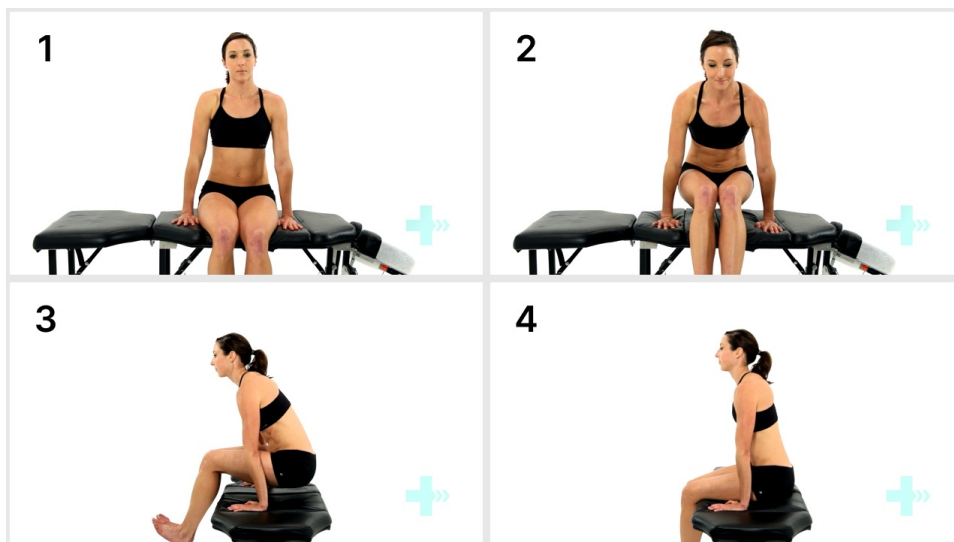
Move your arm up towards the ceiling, extending your elbow straight out and try to lift your shoulder blade off the floor.

Return your shoulder blade back down to the starting position in a slow and controlled movement.

Repeat the exercise.

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

3 Sets • 10 Reps • 3 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.

5. Shoulder flexion strengthening, with band, arm straight, standing; 02

3 Sets • 10 Reps • 3 s hold



Take the band and step on it with one foot to create some tension.

Hold onto the band at the opposite end in your affected hand.

Start with your arm straight down at your side and the thumb pointing forwards.

Raise your arm forwards and up, keeping the elbow straight.

Make sure you do not hunch your shoulders as you lift the arm against the resistance.

Control the movement back down to the starting position and repeat.