

Range of Movement

Repeat each exercise 10 times, twice a day

Flexion

Stand facing the wall. Use the wall to support your hands and begin moving the fingertips up the wall. Ensure you keep your arm supported as you slide back down the wall.



Abduction

Stand sideways on to the wall. Use the wall to support your hands and begin moving the fingertips up the wall. Ensure you keep your arm supported as you slide back down the wall.



Hand behind back

Use your unaffected side to drop a towel over your shoulder and down your back. Grab hold of the towel with your other hand. Use the unaffected hand to pull the towel up, pulling the affected hand higher up your back.



External rotation

Keep your elbow tucked into your side. Move your hand out to the side. Reinforce the movement using a wall or your opposite hand.



Strengthening

Repeat each exercise until fatigue, 4 times a week.

Deltoids

Lie on your back. Use the good arm to bring the affected arm up so your fingers are pointing at the ceiling. Let go with the good arm. Hold the position for a count of 5. Lower your arm by 20° and repeat the hold. Repeat until your arm returns to the floor/bed.



External rotation

Lie on your unaffected side. Rest the elbow of the affected side on the side of your body with the elbow bent to 90°. Rest your forearm down. Then, using your elbow as a pivot, bring your hand up until your fingertips point at the ceiling. Add a weight to your hand if required.



Internal rotation

Keep your elbow tucked into your side and your thumb pointing towards the ceiling. Stand in a doorway and push the wall with the palm of your hand. Hold for 10 seconds.



Static strength

Begin on your hands and knees. Lift one arm with the opposite leg. Maintain good shoulder position by pushing the chest away from the floor and keeping good body alignment. Try to keep your back straight.

You could progress this by moving to a plank position or putting footballs underneath your hands to give an unstable surface.

