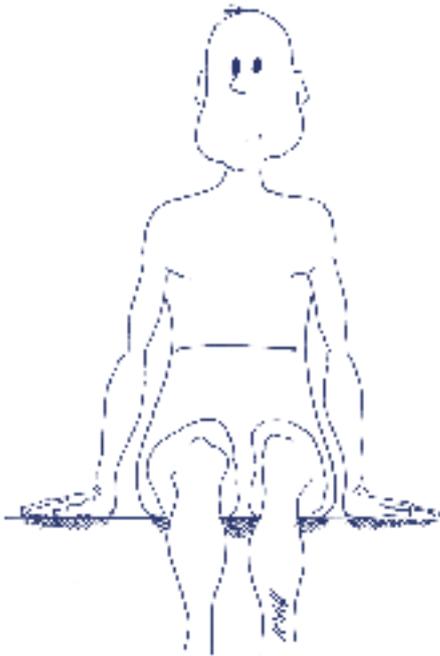


**Recommendation****Grade**

- When muscular stability is improving, and as the shoulder becomes more comfortable, progression may be made to more vigorous strengthening exercises. The set of exercises, shown in figures 7.9–7.14, has been shown electromyographically to most efficiently activate the scapular and shoulder musculature. For those exercises which do not utilise body weight, elastic resistance band provides a convenient and adjustable resistance.
- The exercises are also illustrated in Appendix 10, which may be copied for distribution to patients. It is recommended that the exercises are taught on a one-to-one basis, and appropriate text added to ensure the patient's full understanding. The exercises described represent a baseline, and should not be regarded as an exhaustive list. Numerous other exercises were identified in the literature and are summarised in Appendix 11.

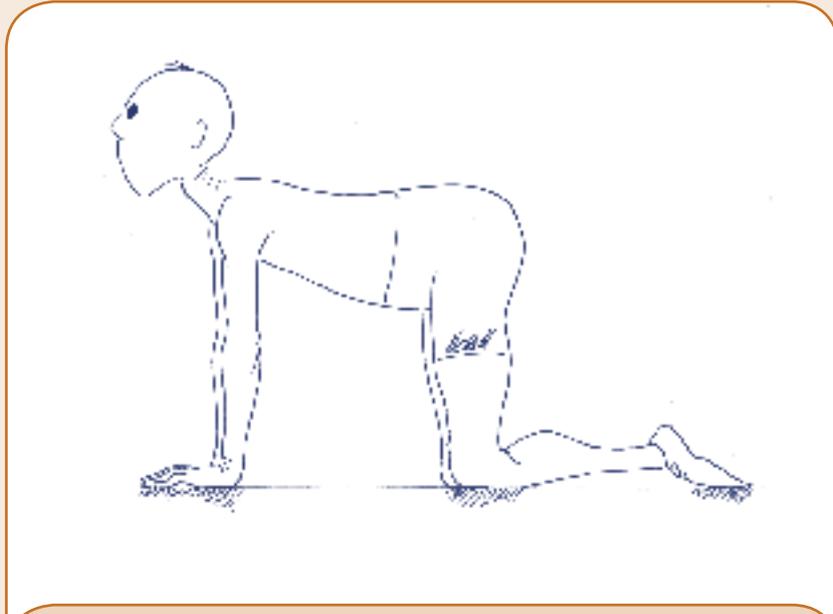
B

**Figure 7.1: Stabilisation in sitting.**

Sit with palms resting on surface. Gently lean sideways so the shoulder takes a little weight. Repeat to opposite side.

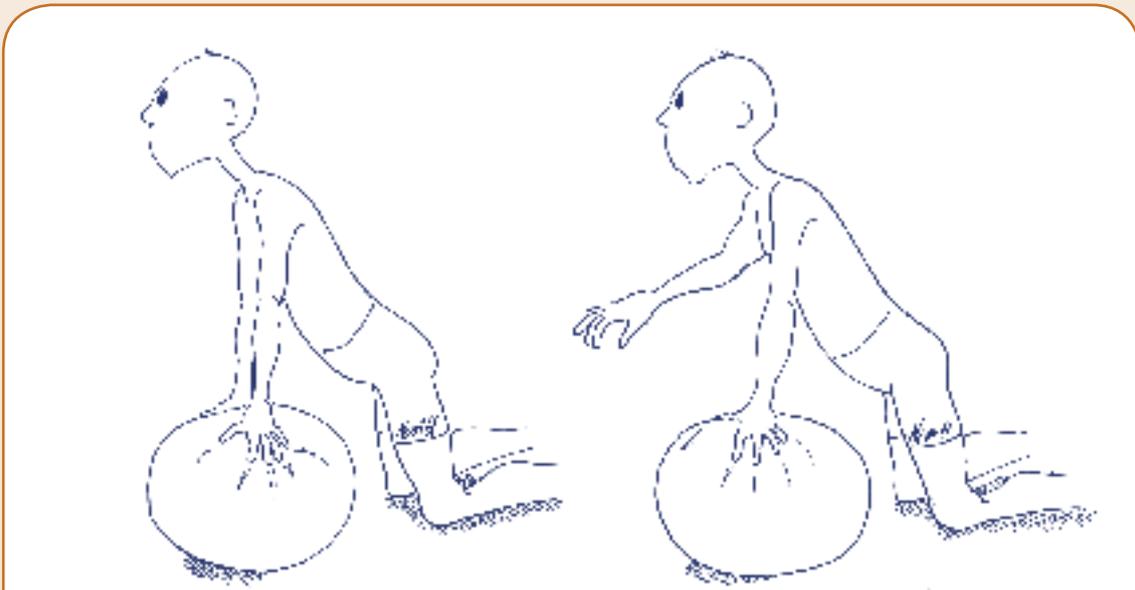
**Figure 7.2: Stabilisation in standing.**

Stand leaning forwards slightly, with forearms on wall so that the shoulders take a little weight. Shift your weight from side-to-side very slightly.



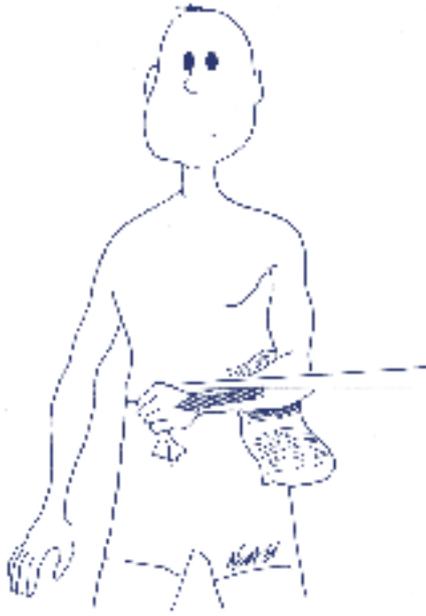
**Figure 7.3:** Stabilisation in 4-point kneeling.

Starting on hands & knees, gently lean forward, backward, & side-to-side



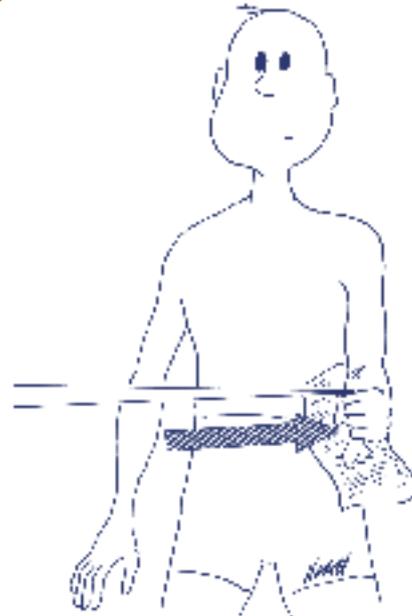
**Figure 7.4:** Stabilisation with a ball. (a) 2-handed & (b) 1-handed.

Kneeling with hands on ball, & keeping elbows straight, gently lean forward, backward & side-to-side.



**Figure 7.5: Medial rotation.**

With arm bent to  $90^\circ$ , & a towel gently held under the elbow, rotate the arm across the body using a resistance band.



**Figure 7.6: Lateral rotation.**

With arm bent to  $90^\circ$ , & a towel gently held under the elbow, rotate the arm across the body using a resistance band.



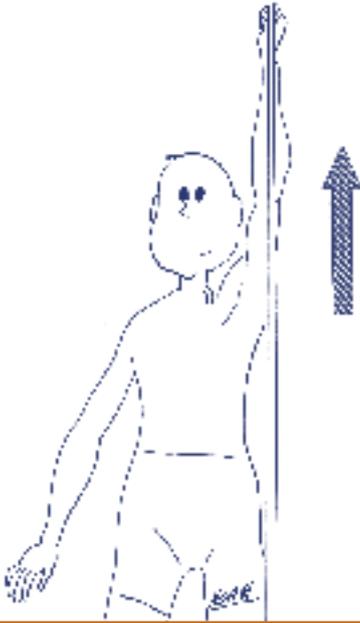
**Figure 7.7: Anterior capsular stretch.**

Rest forearm against the side of a doorway, elbow bent. Keeping upright, gently lunge forward (into opening of doorway) until stretch is felt.



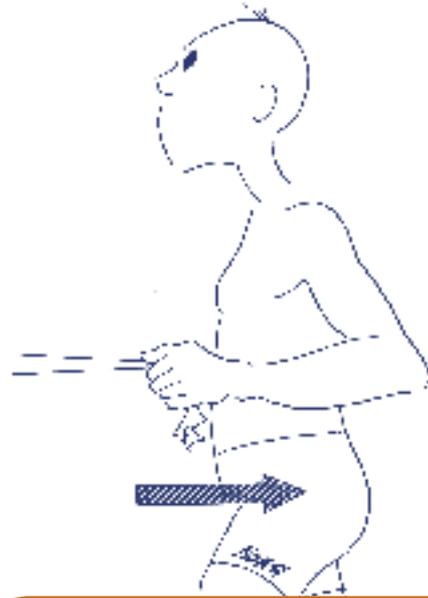
**Figure 7.8: Posterior capsular stretch.**

Place arm across body & gently push elbow until stretch is felt.



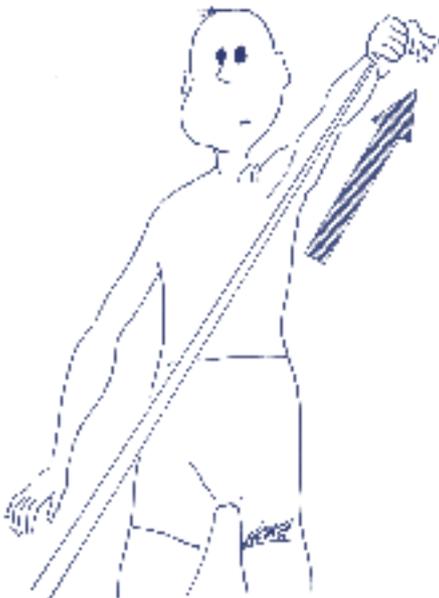
**Figure 7.9: Flexion.**

Starting with arm at side, pull resistance band forward & upward.



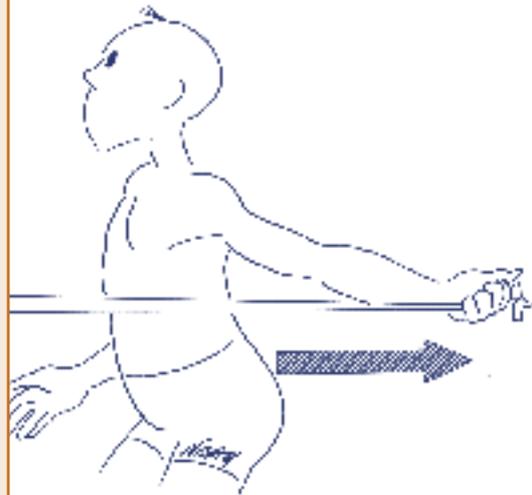
**Figure 7.10: "Rowing" (shoulder extension).**

Pull resistance band backward, bending the elbow in a rowing action.



**Figure 7.11: Scaption (in medial rotation).**

An action like drawing a sword, with the thumb pointing downwards throughout. Use resistance band.



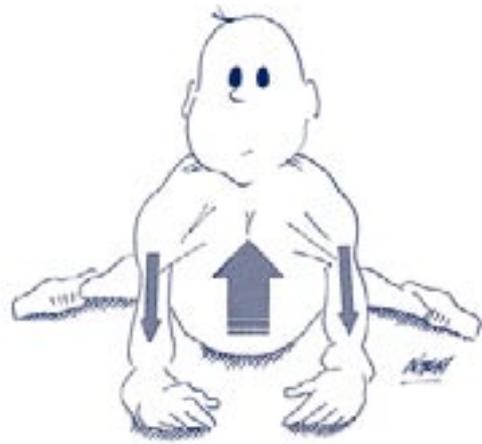
**Figure 7.12: Horizontal abduction with lateral rotation.**

Keeping the arm horizontal, move it from front-to-back in a hitch-hiking motion, using a resistance band.



**Figure 7.13: "Push ups".**

With hands on chair & elbows straight, push down through shoulders to lift bottom.



**Figure 7.14: "Press-ups plus".**

Lie resting on forearms, letting back sag. Without lifting elbows, press down through shoulders.