

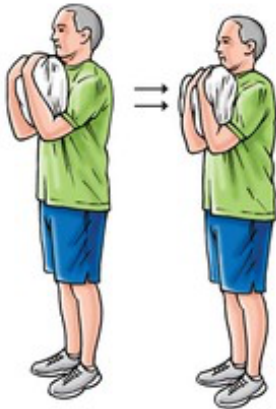
Shoulder Isometric Exercises:



Isometric shoulder external rotation



Isometric shoulder internal rotation



Isometric shoulder adduction



Isometric shoulder flexion



Isometric shoulder extension



Isometric shoulder abduction

- **Isometric shoulder external rotation:** Stand in a doorway with your elbow bent 90 degrees and the back of the wrist on your injured side pressed against the door frame. Try to press your hand outward into the door frame. Hold for 5 seconds. Do 2 sets of 10.
- **Isometric shoulder internal rotation:** Stand in a doorway with your elbow bent 90 degrees and the front of the wrist on your injured side pressed against the door frame. Try to press your palm into the door frame. Hold for 5 seconds. Do 2 sets of 10.
- **Isometric shoulder adduction:** With a pillow between your chest and your arms, squeeze the pillow with your arms and hold 5 seconds. Do 2 sets of 10.
- **Isometric shoulder flexion:** Stand facing a wall with the elbow on your injured side bent 90 degrees and held close to your body. Press your fist forward against the wall. Hold this for 5 seconds, then rest. Do 2 sets of 10.
- **Isometric shoulder extension:** Stand facing away from the wall with the elbow on your injured side touching the wall. Press the back of your elbow into the wall and hold for 5 seconds. Rest. Do 2 sets of 10.
- **Isometric shoulder abduction:** Stand with your injured side next to the wall and your elbow bent 90 degrees. Press the side of your arm into the wall as if you were trying to lift it. Hold for 5 seconds. Rest. Do 2 sets of 10.

Repeat all 1-2 times a day.

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