

SHOULDER JPAC PAINFUL WEEK 1

Pendular Exercise for Shoulder Circumduction



Description

1. For pain relief only
2. Lean forward onto a chair and allow the arm to hang down
3. Gently swing the arm in a circular motion for the time prescribed, reverse direction

Sets: 1-3

Time: 30 sec to 2 min

Scapula Setting In Sitting

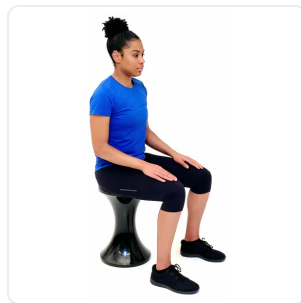
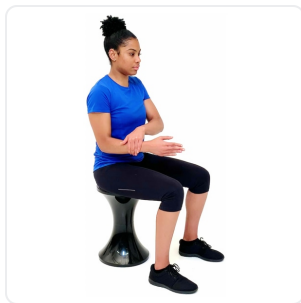
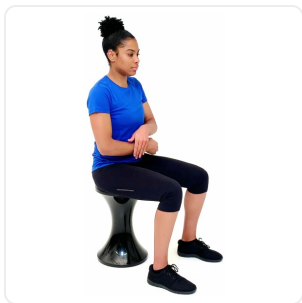


Description

1. Sit with your arms by your side
2. Sit upright, raise the chest up and gently pull your shoulder blades back and downwards
3. Hold for between 10 and 30 seconds

Reps: 10 times

Isometric Shoulder External Rotation In Neutral



Description

1. Bend your elbow then rotate your arm laterally to a comfortable position
2. Place the other hand over the wrist to resist further side movement
3. Apply a firm pressure that you can tolerate for the time prescribed
4. Relax the arm

Sets: 1-2

Reps: 10-20

Hold: 5-30 seconds

Isometric External Rotation Against Wall



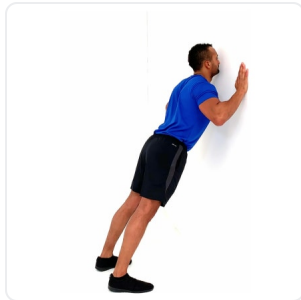
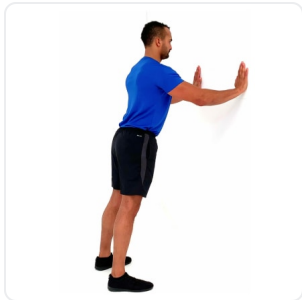
Description

1. Stand with a wall beside you and bend the elbow
2. Push the hand against the wall in an effort to rotate the arm out
3. Release the pressure on the wall and relax the arm

Hold: 10 sec

Reps: 5-20

Press Up Against Wall



Description

1. Place the hands on a wall in a standing press up position
2. Bend the arms to lower your chest and hips to the wall
3. Straighten the arms to push your body away from the wall

Sets: 1-3

Reps: 10-20

Side Lying External Rotation For Outer Range



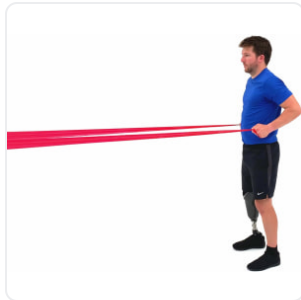
Description

1. Lie on your side with the elbow bent
2. Raise the wrist up so it is just off the floor
3. Slowly lower the hand down to the floor

Sets: 1-3

Reps: 10-20

Low Row With Band In Standing



Description

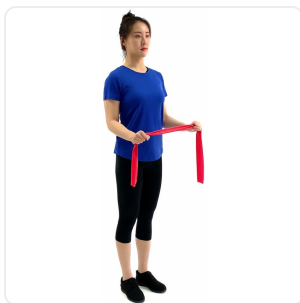
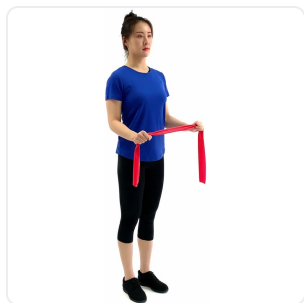
1. Attach the band to something stable at waist level, e.g. door handle (ensure the door can't open)
2. Hold the ends of the band in each hand
3. Pull the band inwards towards your ribs
4. Slowly release the band forward keeping an upright posture throughout

Sets: 1-3

Reps: 10-20

Color: red

Shoulder External Rotation With Resistance Band



Description

1. Stand or sit holding a resistance band
2. Bend your elbows and tuck them into your side
3. Pull the bands apart to rotate the shoulders
4. Slowly release the hands together

Sets: 1-3

Reps: 10-20

Color: yellow or red