

SHOULDER PROGRESSION EXERCISES

Do each exercise 10-20 times 3x/day

1. STICK:

Lie on back: Hold the stick with both hands, with bent elbows.

- a. Push stick upwards until the elbows are straight – BRING DOWN SLOWLY.
- b. With straight arms – bring stick up towards your head and down towards legs.
- c. Using the stick - press the operated arm outwards into full rotation and then press the stick back inwards. Keep elbow on bed.

2. STANDING:

- a. Pendulum exercises + swing in all directions (hourly)
- b. Towel exercise – dry your back.
- c. “Polish” the table with big circle movements and straight arm – sweeping movements.
- d. Mirror Exercises: Lift elbows sideways. (Remember to pull shoulder blades together when lifting the arm. Shoulder should stay down while the arm should lift!! Remember correct posture).
- e. Pulley Exercise. (In sitting and standing position)
- f. Push ups: Against wall.
- g. Seated: Lift your buttocks up from the chair by pushing up on your arms.
- h. Spider exercise – up against the wall and slide down slowly.
- i. Stretch arm at door opening.
- j. Table exercise: Stretch as far as possible backwards/sideways.
- k. Pull shoulder blades back (shoulders down).

3. THERABAND EXERCISE:

Bend elbows. Keep elbows at your side.

- a. Pull the Theraband (TB) slowly to rotate hands outwards (ER). Hold for 5 sec and relax slowly. (10X). Pull TB to straighten (R) elbow and relax. Repeat with (L) arm.
- b. **Fasten one end of TB to window frame.**
 - i. Keep elbow in side and rotate hand outwards as if to pull band longer.
 - ii. Keep elbow at side and pull hand towards stomach.
 - iii. Face door and pull elbow back (sawing movement)
- d. **Hold ends of TB behind your back** as if drying with a towel. Now stretch each end alternating between top and lower hand.
- e. **Make n knot in TB and position over the top of door.**
 - i. Pull TB with a straight arm towards your hip and release slowly.
 - ii. Do this while facing the door and also turned sideways at a 90° angle to the door.

All enquiries or uncertainties - please call (012) 335 7979

STICK EXERCISE

STAND EXERCISE

THERA BAND-REK OEFENINGE

1b



2a



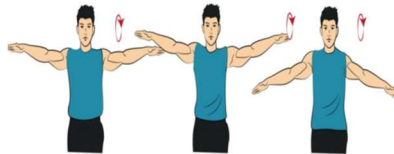
2b



2c



2c



2d



2f



2g



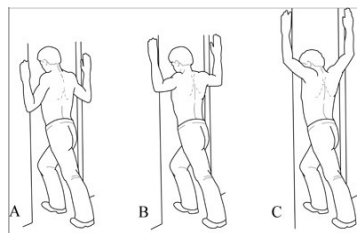
2h



2i



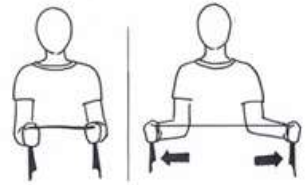
2j



2k



3a



3b



3c(i)



3c(ii)



3d(i)



3d(ii)

