

LINDA PEACH

Registered Physiotherapist PR 7219350

■H/v Corelli & Fred Nicholson 332

Les Marais

TEL NR: (012) 335 7979

■Faerie Glen Consulting Rooms, Suite 17

H/v Atterbury & Jacqueline, Faerie Glen

Email : breyt.peach@lantic.net

POST SHOULDER MANIPULATION : INFORMATION & EXERCISES

LYING:

Put hand on forehead and stretch. Place hand behind head and stretch so that elbow is also on pillow. Keep all stretches for 20 - 60 counts.

Put your hand under your buttocks. Roll slightly from L to R to extend shoulder.

Keep elbow bent and elbow against body. With other hand or stick, push hand outwards to rotate outwards (as far as possible)

STANDING:

Look to the front and extend neck sideways to both sides. Keep chin in.

Join hands and stretch wings forward. Keep chin up. Also turn to L and R.

Put hands behind back and extend shoulders back (shoulders down)

Dry back - do 20 x.

Put hand against wall with straight arm - fingers pointing backwards. Stretch shoulder, neck and nerve.

Bend as low as possible with a straight arm to the floor, move the arm in circles, and swing in all directions

AT HIGH TABLE:

Place bent arm relaxed on table. Step back and lower your head to extend your shoulder as far as possible.

Place bent arm on table. Step sideways and bend knees to release shoulder as far as possible sideways.

Use the arm normally for everyday activities and swing arms when walking.

Avoid repetitive movements or overuse (eg wiping, chopping, hanging laundry, etc.) for 2 weeks.

- Do NOT lift or carry heavy objects for 3 months.
- Wear handbag on good side.
- Keep all stretches for 20 - 60 sec.
- Do all exercises 2 hourly during the day for at least 2 weeks.
- Visit your physiotherapist regularly from day 2 post operatively.
- After 2 weeks you may begin active strengthening exercises.
- Exercises in water / swimming is effective in keeping shoulder supple and strong.

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■Faerie Glen Consulting Rooms, Suite 17

H/v Atterbury & Jacqueline, Faerie Glen

Email : breyt.peach@lantic.net

POST SHOULDER MANIPULATION : INFORMATION & EXERCISES

LYING:

Put hand on forehead and stretch. Place hand behind head and stretch so that elbow is also on pillow. Keep all stretches for 20 - 60 counts.

Put your hand under your buttocks. Roll slightly from L to R to extend shoulder.

Keep elbow bent and elbow against body. With other hand or stick, push hand outwards to rotate outwards (as far as possible)

STANDING:

Look to the front and extend neck sideways to both sides. Keep chin in.

Join hands and stretch wings forward. Keep chin up. Also turn to L and R.

Put hands behind back and extend shoulders back (shoulders down)

Dry back - do 20 x.

Put hand against wall with straight arm - fingers pointing backwards. Stretch shoulder, neck and nerve.

Bend as low as possible with a straight arm to the floor, move the arm in circles, and swing in all directions

AT HIGH TABLE:

Place bent arm relaxed on table. Step back and lower your head to extend your shoulder as far as possible.

Place bent arm on table. Step sideways and bend knees to release shoulder as far as possible sideways.

Use the arm normally for everyday activities and swing arms when walking.

Avoid repetitive movements or overuse (eg wiping, chopping, hanging laundry, etc.) for 2 weeks.

- Do NOT lift or carry heavy objects for 3 months.
- Wear handbag on good side.
- Keep all stretches for 20 - 60 sec.
- Do all exercises 2 hourly during the day for at least 2 weeks.
- Visit your physiotherapist regularly from day 2 post operatively.
- After 2 weeks you may begin active strengthening exercises.
- Exercises in water / swimming is effective in keeping shoulder supple and strong.

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