

These exercises are designed as later stage exercises designed to improve shoulder strength and control. You can progress by adding load (with a light weight) and varying your starting positions. You should aim to do three out of the five exercises each day. You should perform each exercise until fatigue, rest and repeat a further two to three times.

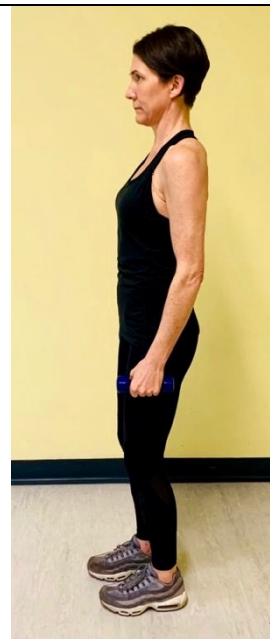
Please also see some helpful supporting video material from the British Elbow & Shoulder Society on YouTube at the following link (or scan the QR code):

<https://bit.ly/shoulder-videos>



## Exercise 1

- Stand up straight and lift your arms above your head
- Lead with the thumb and keep your elbows straight



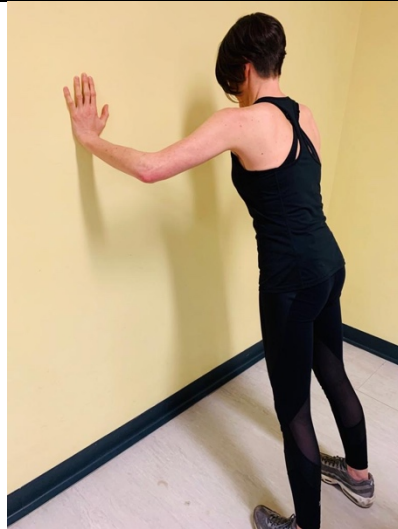
### Repetition and Progression

- Progress by increasing weight
- Step forward with a weight into a lunge
- You can vary this exercise by combining it with other variants: *squats, step-ups, side-lunges*



## Exercise 2

- Face a wall with your feet apart
- Place your hands on the wall, slightly wider than your shoulders
- Place your hands pointing upwards and slightly rotated out
- Do a press up into the wall



- Make sure to keep body in a straight line
- Straighten your arms and push back from the wall

### Repetition and Progression

- Repeat this exercises up to 10 times or until you feel fatigue
- Progress by standing on one leg whilst you do it. This will help to strengthen and recruit your core muscles.



### Exercise 3

- Standing facing the wall
- Place your hand on a towel or ball
- Make circles clockwise and anticlockwise increasing the time you do this up to 2 mins
- This exercise works on endurance

#### Repetition and Progression

- Progress by standing on 1 leg
- Further progression with eyes closed
- Repeat as able.



### Exercise 4

- Sit on a chair and rest your elbow on your knee. Put your elbow in front of your shoulder, with a bent elbow. Make a fist
- Lift your forearm and hand towards the ceiling. Hold here for 10 seconds
- Return to starting position

#### Repetition and Progression

- Repeat ten times or until fatigue, rest and then a further two times
- Progress by reducing the support by lifting elbow off knee
- You can also progress by holding a 1kg weight or a bottle of water while you perform this exercise



## Exercise 5

- Lie face down and place a folded towel under your forehead
- Support your upper arm on a rolled up towel
- Make a fist, keeping wrist relaxed, and then lift your forearm forwards to ceiling
- Return to starting position, and then lift forearm backwards
- Hold the position for five seconds

### Repetition and Progression

- Repeat until fatigue, rest and then another twice
- Progress by removing the towel and then by adding a light weight

