

Shoulder

Active assisted shoulder flexion in supine



Perform __ reps

Client`s aim

To maintain or improve range of motion of your shoulder.

Client`s instructions

Position yourself in supine with your arms cradled in front of you. Hold onto the hand of your affected arm with your unaffected hand. Using your unaffected arm lift your affected arm away from your body and towards your head.

Shoulder external rotation strengthening in side lying



sets of __ reps.
Do __ sessions per week.

Client`s aim

To strengthen your shoulder muscles.

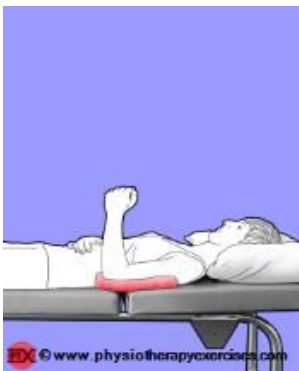
Client`s instructions

Position yourself in sidelying with a folded towel between your uppermost arm and body. Start with your hand resting on your body. Finish with your hand rotated away from your body. Ensure that your elbow remains tucked in and the towel in place.

Progressions and variations

More advanced: 1. Hold a small weight in the uppermost arm.

Stage 1 – arm punch



Hold for __ secs, ____reps

Client`s aim

To strengthen the muscles that lift your arm.

Client`s instructions

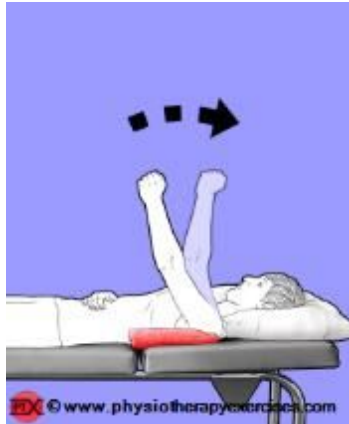
Position yourself in supine with a towel or pillow under your upper arm. Punch your hand slowly towards the ceiling.

Progressions and variations

Less advanced: 1. Decrease the amount of shoulder flexion.
More advanced: 1. Increase the amount of shoulder flexion.
2. Move your arm in small circles above your head.

Shoulder

Stage 2 – reverse codmans



Client`s aim

To strengthen your shoulder.

Client`s instructions

Position yourself in supine with your arm by your side. Flex their shoulder and bring it up to 90 degrees. Move your arm backward and forward in a small arc or make small circles the size of a grapefruit. Ensure that the movement is slow and controlled.

Perform __ sets of __ reps.

Do __ sessions per week.

Wall push ups



Client`s aim

To strengthen your shoulder muscles.

Client`s instructions

Position yourself standing and leaning forward with hands supported on a wall. Practice doing push-ups through your hands so that your chest lifts away from the wall. Ensure to keep your hips straight.

Perform __ sets of __ reps.

Do __ sessions per week.