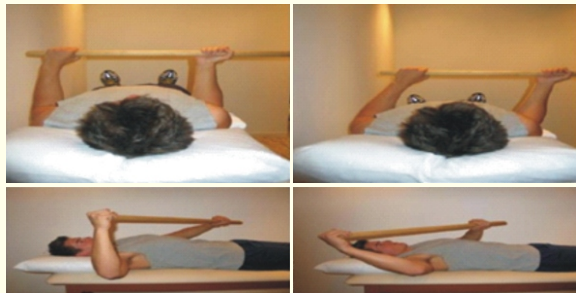


e. External Rotation- Lie on back, holding stick with elbows bent. Slowly push hand toward floor. Hold for 5 seconds and lower slowly. Repeat about 5 times. Try this 2-3 times a day.



SCAPULAR SETTING EXERCISES

Place your hands against the wall at **approximately** shoulder height. Set your **shoulder** blades as described above. This is your starting position. Now you will perform 4 motions with your shoulder blades:

1. Shrug your shoulders up
2. Press your shoulder blades down as far as you can
3. Round your upper back
4. Pinch your shoulder blades Together



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Timings: Mon to Fri - 6.00 pm to 8.00 pm

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SHOULDER EXERCISE GUIDE



Dr. Vivek Mittal

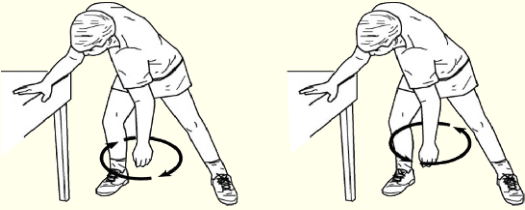
M.B.B.S., M.S. (Ortho.), ASIF FELLOW (Austria)
Ranawat Fellowship (for HIP & KNEE Replacement, USA)

Additional Director and Senior Consultant
Joint Reconstruction and Orthopaedics

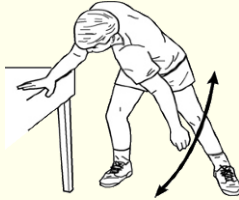
STRETCHING AND FLEXIBILITY EXERCISES

PENDULUM EXERCISE

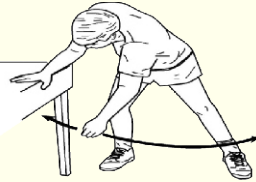
Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times. Try this 2-3 times a day.



Move your body side to side, allowing your arm to swing with your body. Repeat about 5 times. Try this 2-3 times a day.



Move your body forward and backward, allowing your arm to swing with your body. Repeat about 5 times. Try this 2-3 times a day.



TOWEL STRETCH

Hold one end of a three-foot-long towel behind your back and grab the opposite end with your other hand. Use your good arm to pull the affected arm upward to stretch it. Repeat about 5 times. Try this 2-3 times a day.



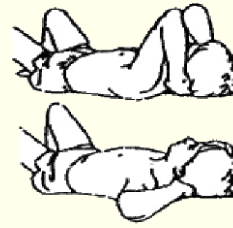
CROSS BODY STRETCH

Sit or stand. Use your good arm to lift your affected arm at the elbow, and bring it up and across your body, exerting gentle pressure to stretch the shoulder. Hold the stretch for 15 to 20 seconds. Repeat about 5 times. Try this 2-3 times a day.



SHOULDER STRETCH

Lie on your back. Place your hands behind your head as shown in the top picture. Slowly lower the elbows to stretch the shoulder. Repeat about 5 times. Try this 2-3 times a day.



FINGER LADDER

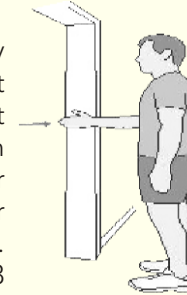
Stand near a wall as shown. Slowly "walk" your fingers up the wall so that you feel a stretch. Repeat about 5 times. Try this 2-3 times a day.



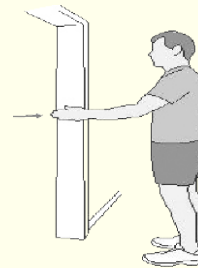
STRENGTHENING EXERCISES

SHOULDER ISOMETRICS

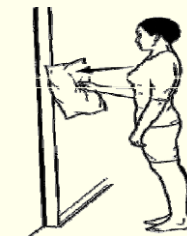
Door press **a)** Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame with about 25% to 50% of your strength. Hold for 5 seconds. Repeat about 5 times. Try this 2-3 times a day.



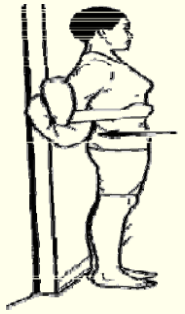
b) Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame with about 25% to 50% of your strength. Hold for 5 seconds. Repeat about 5 times. Try this 2-3 times a day.



c) Stand facing a wall. Make a closed fist with your thumb on top and gently push your hand forward into the wall with about 25% to 50% of your strength. Hold for about 5 seconds.



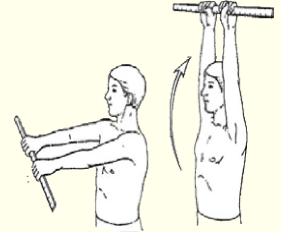
Push backward (extend): Stand with your back flat against a wall. Push your elbow gently back against the wall with about 25% to 50% of your strength. Don't let your body move forward as you push. Hold for about 5 seconds. Repeat about 5 times. Try this 2-3 times a day.



Active Assistive ROM with Stick

Hold stick between both hands hip width apart.

a. Flexion-Lift both arms straight up in front of you, letting your unaffected arm lift the affected arm. Return slowly. Repeat about 5 times. Try this 2-3 times a day.



b. Extension-Push the affected arm back behind you. Keep the trunk upright. Repeat about 5 times. Try this 2-3 times a day.



c. Abduction-Push the affected arm up to the side of your body. Return slowly. Repeat about 5 times. Try this 2-3 times a day.



d. Internal Rotation-Hold stick behind you with your hands as close together as possible, slowly raise hands up back, return slowly to start. Repeat about 5 times. Try this 2-3 times a day.

