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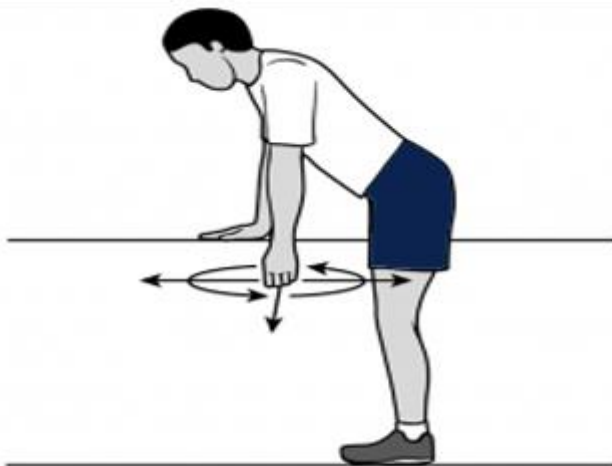
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SHOULDER PHYSIOTHERAPY

PENDULUM EXERCISES

- Lean forward. Spot one hand on a table for help. The other arm can hang uninhibitedly next to you.
- Swing your arm advances and in reverse delicately. Repeat the activity moving your arm side-to-side. Repeat the activity in a roundabout movement.
- Utilizing the other arm, Repeat the whole grouping.

Tip: Do not round your back or lock your knees.



CROSSOVER ARM STRETCH

- Loosen up your shoulders. Draw one arm over your chest to the most remote conceivable, holding at your upper arm.
- Hold that extend for 30 seconds. At that point unwind for 30 seconds.
- Likewise Repeat with the other arm.

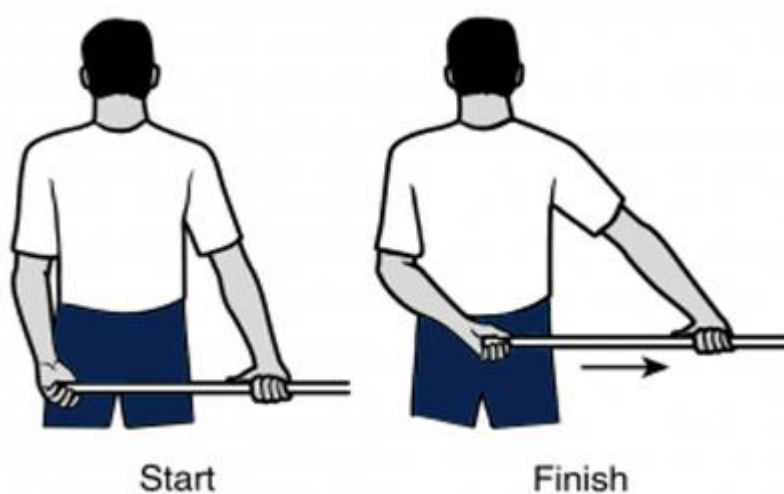
Tip: Do not pull or put pressure on your elbow.



PASSIVE INTERNAL ROTATION

- With one hand hold a stick despite your good faith. Handle the opposite end of the stick gently with your other hand.
- Force the stick on a level plane, so your shoulder is extended absent much exertion to the point of encountering a draw without agony.
- Hold for 30 seconds. At that point unwind for 30 seconds.
- Repeat this activity on the opposite side.

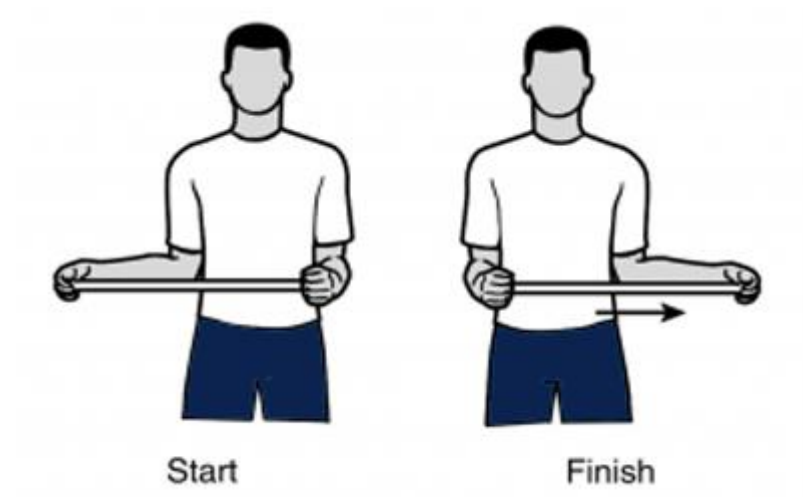
Tip: Do not lean over or twist to side while pulling the stick.



PASSIVE EXTERNAL ROTATION

- Handle the stick with one hand. With the other hand, contain the opposite end of the stick.
- By keeping the elbow of the shoulder you are extending against the side of your body, push the stick on a level plane to the point of inclination and draw without agony.
- Hold this situation for 30 seconds. At that point unwind for 30 seconds.
- Also Repeat on the opposite side.

Tip:Keep your hips facing forward and do not twist.



SLEEPER STRETCH

- Lie on your side on a firm, level surface with the influenced shoulder under you and your arm bowed, as in the image. You can utilize a pad under your head for solace, whenever required.
- Utilize your unaffected arm and drive your other arm down. You may quit pushing down, on the off chance that you feel a stretch in the back of your influenced shoulder.
- Hold this situation for 30 seconds. Loosen up your arm for 30 seconds.

Tip: Do not bend your wrist or press down on your wrist.



Sleeper position



Start

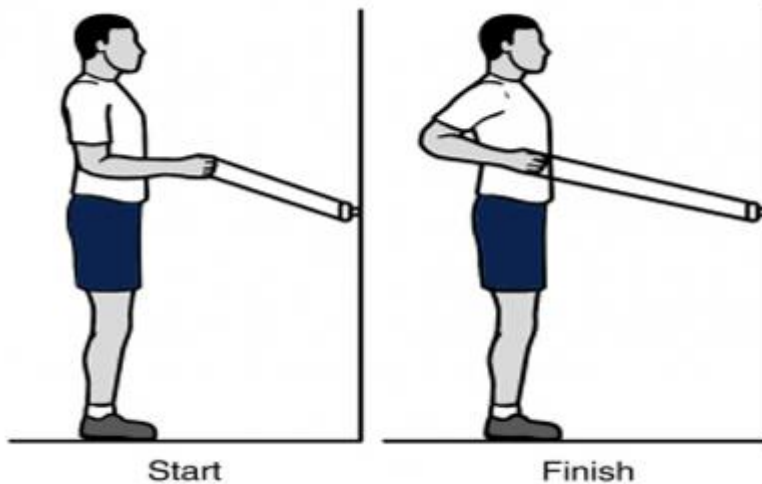


Finish

STANDING ROW

- Utilizing a flexible band, make a 3-foot-long circle and tie the finishes together. Put the circle on the doorknob or other stable article.
- Hold the band with your elbow twisted and next to you in the standing position as in the begin position (appeared in the picture).
- With arms near your side, gradually pull your elbow straight back.
- Come back to the begin position gradually and Repeat.

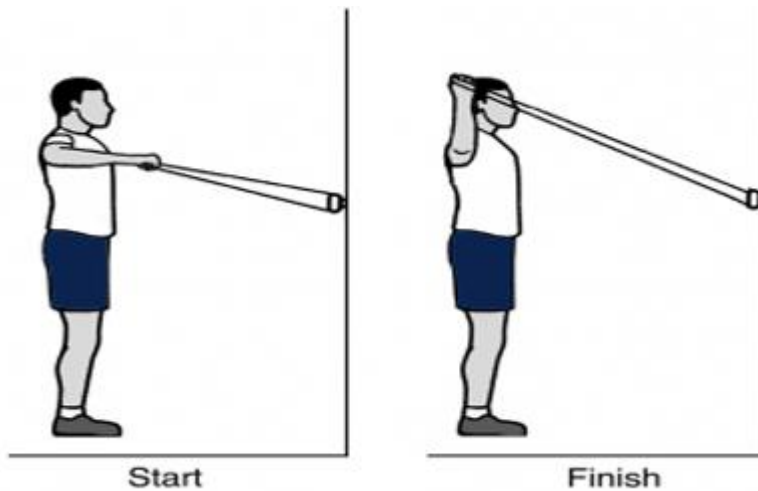
Tip:Squeeze your shoulder blades together as you pull.



EXTERNAL ROTATION WITH ARM ABDUCTED 90 degrees

- Utilizing a versatile band, make a 3-foot-long circle and tie the closures together. Put the circle on the doorknob or other stable item.
- Hold the band with your elbow twisted at 90 degrees and raised to bear tallness, as appeared in the begin position.
- Keeping your shoulder at elbow level, bit by bit raise your hand, in accordance with your head.
- Continuously come back to the begin position and Repeat.

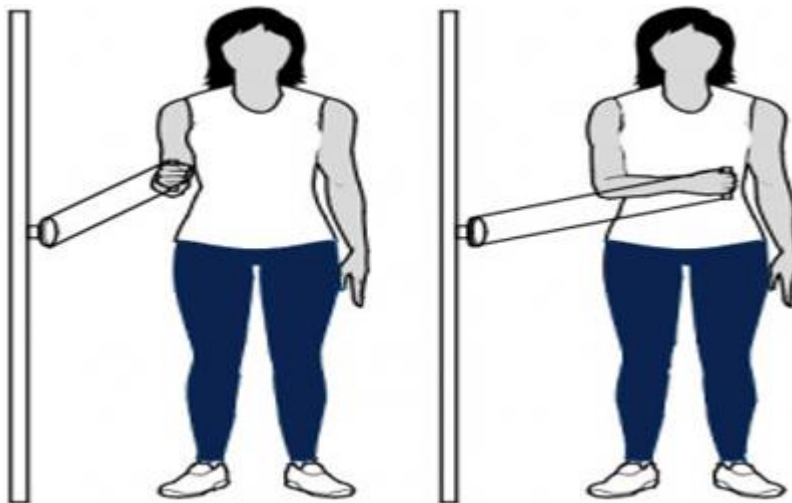
Tip: Make sure your elbow stays in line with your shoulder.



INTERNAL ROTATION

- Utilizing a versatile band, make a 3-foot-long circle and tie the closures together. Put the circle on the doorknob or other stable item.
- In standing position, hold the band with your elbow twisted and next to you, like the begin position in the picture.
- With your elbow near your side, bring your arm over your body.
- Presently bit by bit come back to the begin position and Repeat.

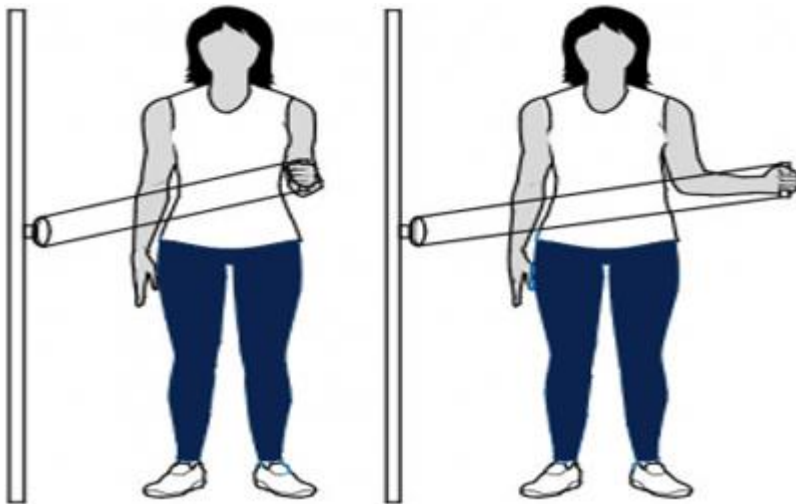
Tip:Keep your elbow pressed into yourside.



EXTERNAL ROTATION

- Utilizing a flexible band, make a 3-foot-long circle and tie the closures together. Put the circle on the doorknob or other stable item.
- In standing position, hold the band with your elbow twisted and next to you, like the begin position in the picture.
- Keeping your elbow near your side, gradually pivot your arm outward.
- Progressively come back to the begin position and Repeat.

Tip: Squeeze your shoulder blades together when you pull your elbow back.



ELBOW FLEXION

- Stand Straight with your weight uniformly appropriated over the two feet.
- Keeping your elbow near your side, progressively bring the weight up toward your shoulder as appeared.
- Hold that situation for 2 seconds.
- Bit by bit come back to the beginning position and Repeat.

Tip: Do not do the exercise too quickly or swing your arm.



ELBOW EXTENSION

- Stand tall with your weight equitably appropriated over the two feet.
- Raise your arm and twist your elbow with the weight behind your head. While raising your elbow bolster your arm by putting your other hand on your upper arm.
- Step by step rectify your elbow and bring the weight overhead. Hold for 2 seconds.
- Gradually bring your arm down behind your head and Repeat.

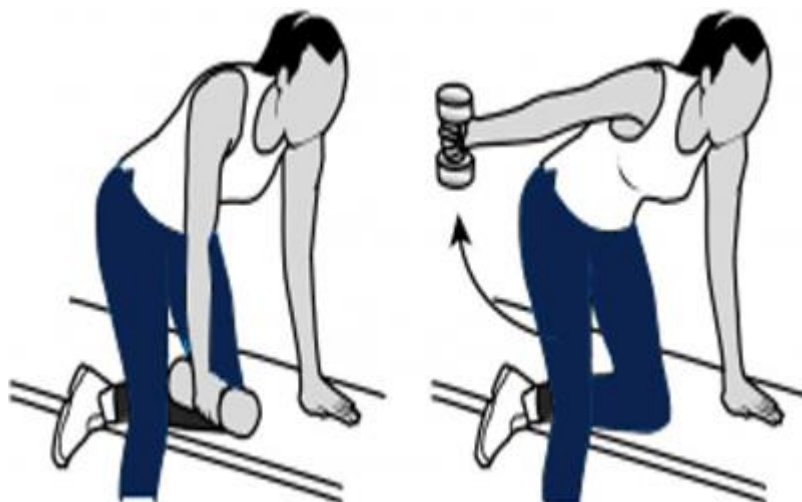
Tip:Keep your abdominal muscles tight and do not arch your back.



TRAPEZIUS STRENGTHENING

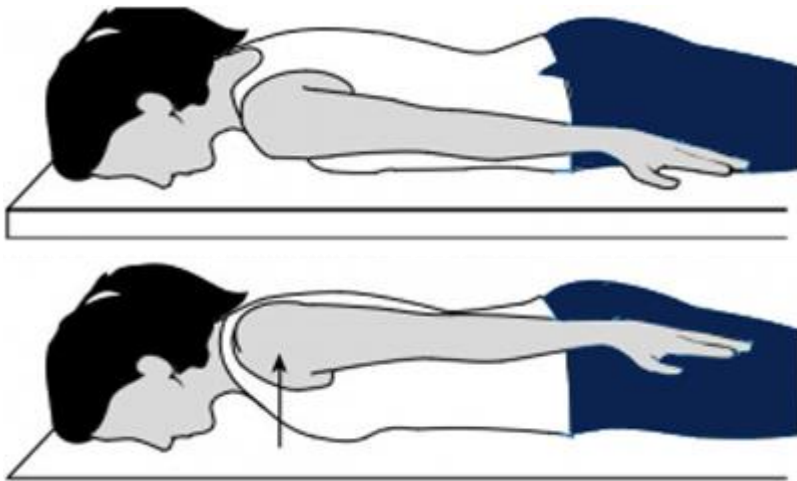
- Spot your knee on a seat or seat and bolster your weight by inclining forward with the goal that your hand helps bolster your weight. With your other hand next to you, palm confronting your body.
- Gradually lift your arm, turning your hand to the approval position to the shoulder level and with your arm parallel to the floor.
- Gradually lower your arm to the first position, for 10 seconds.

Tip:Use a weight that makes the last few repetitions difficult, but pain-free.



SCAPULA SETTING

- Lie on your stomach, with your arms by your sides. Whenever required, you can put a pad under your temple for solace.
 - Tenderly draw your shoulders together and down your back beyond what many would consider possible.
 - Simplicity most of the way from this position and hold for 10 seconds.
 - Unwind and Repeat multiple times.
- Tip:**Do not tense up in your neck.



SCAPULAR RETRACTION OR PROTRACTION

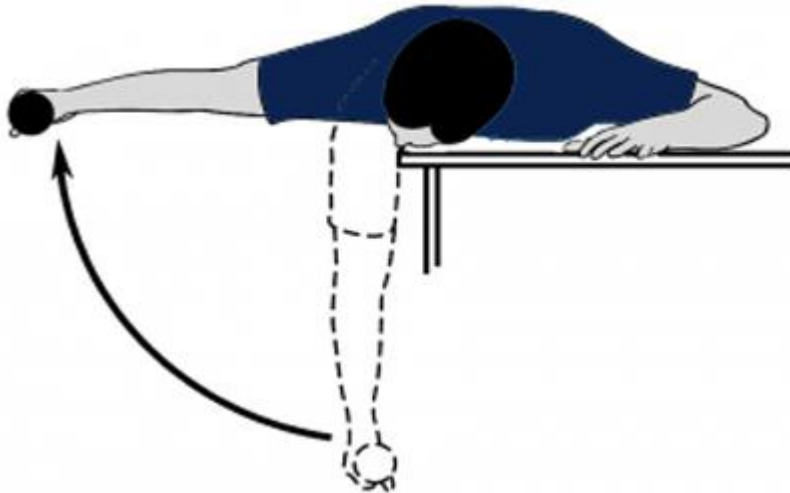
- Untruth level on your stomach on a table or bed. Drape your harmed arm over the side.
 - Keep your elbow straight and lift the weight step by step by crushing your shoulder bone toward the contrary side to the degree conceivable.
 - Gradually come back to the beginning position and Repeat.
- Tip:**Do not shrug your shoulder toward your ear.



BENT-OVER HORIZONTAL ABDUCTION

- Lie Flat on your stomach on a table or bed. Balance your harmed arm over the side.
- Keep your arm straight and gradually raise it to your eye level.
- Gradually lower it back to the beginning position and Repeat.

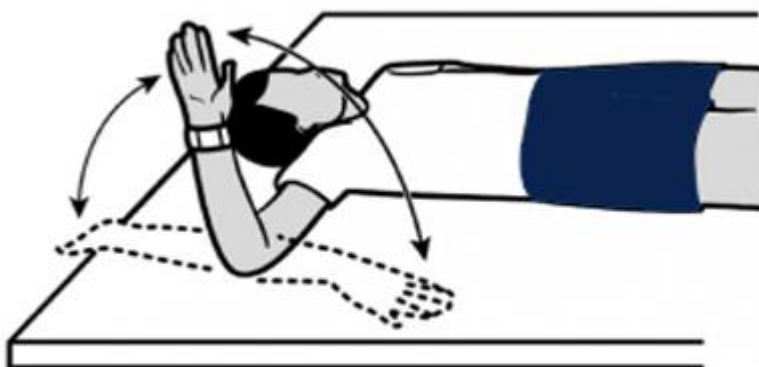
Tip:Control the movement as you lower the weight.



INTERNAL AND EXTERNAL ROTATION

- Lie on your back on a level surface.
- Broaden your arm straight out from the shoulder and twist the elbow 90 degrees as in the picture, with the goal that your fingers are pointed up.
- With your elbow twisted and on the floor, step by step raise your arm, as in the curve course. Convey your elbow down to a 45 degrees point, on the off chance that it difficult at 90 degrees.

Tip:Use a weight that makes the last few repetitions difficult, but pain-free.



EXTERNAL ROTATION

- Lie on your side on a firm, level surface with your unaffected arm under your head.
- Keep your harmed arm on your side, with your elbow bowed at a 90 degrees point.
- With your elbow against your side, continuously turn your arm at the shoulder, raising the weight to a vertical position.
- Continuously lower the weight to the begin position to a tally of 10.

Tip: Do not let your body roll back as you raise the weight.



INTERNAL ROTATION

- Lie on a firm, level surface in favor of your influenced arm. Setting a pad or collapsed material under your head, keeps your spine straight.
- Hold your harmed arm against your side as appeared, with your elbow twisted at 90 degrees edge.
- Keep your elbow twisted and against your body and gradually pivot your arm at the shoulder, raising the weight to a vertical position.
- Gradually lower the weight to the beginning position.

Tip: Do not let your body roll back as you raise the weight.

