

Shoulder Exercises



Stand with your hips and knees slightly bent holding 1-2 kg weights in both hands.
Tighten your stomach and lower back muscles (to your spine) and lift alternate arms up and down.
Repeat 12-15 times.

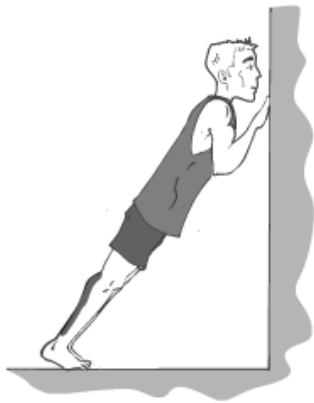


Stand with the hand of the arm to be exercised in front of your opposite hip
Hold on to a rubber exercise band or a small weight
Pull the band or weight up and away to the opposite side up to your point of pain.
DO NOT PUSH INTO YOUR PAINFUL RANGE
Repeat 12-15 times.

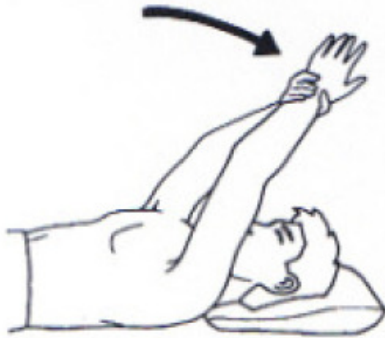


Lying on your side. Hold a 1KG weight in your upper hand. Keep your elbow at a right angle and support it against your side. Lift weight towards the ceiling and lower *back* down.
Repeat 12-15 times.

Shoulder Exercises



Stand facing a wall with your arms straight and hands on the wall. Do push-ups against the wall keeping your body in a straight line. Repeat 12-15 times.

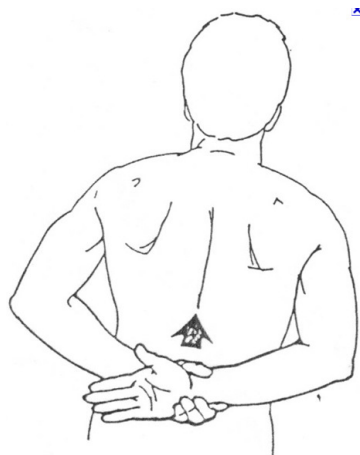


Lie on your back with elbows slightly bent. Use one arm to lift the other arm up and overhead. Repeat 2-3 times for up to one minute.



Stand facing a wall. Walk your fingers up the wall as high as possible. Reverse down in the same way. Repeat 2-3 times with a 20-30 second hold at the top.

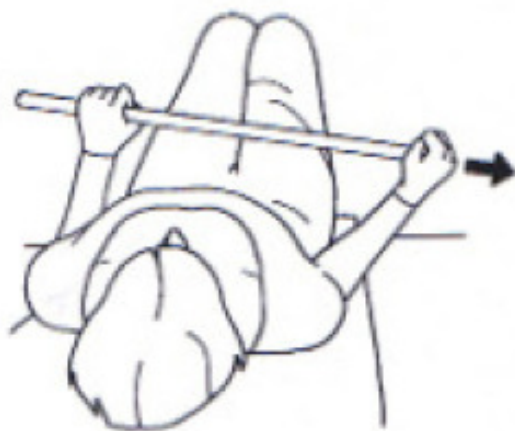
Shoulder Exercises



Stand with arms behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up the back.

Repeat 2-3 times with a 20-30 second hold at the top.



Lie on your back with elbows against your body and at a right angle. Hold a stick in your hands.

Move the stick sideways thus pushing the arm to be exercised outwards.

Repeat 2-3 times with a 20-30 second hold at the end.