

Physiotherapy Department

Static shoulder exercises

Information for patients

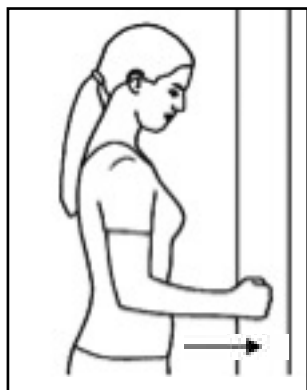


These exercises are designed to encourage muscle activity in your shoulder without actually moving your shoulder, and whilst keeping it in a neutral position.

The starting position is the same for all of the following exercises. Your elbow should be bent to 90 degrees and kept close to your side. Your hand should be held out in front of you. Do not allow your affected arm to move.

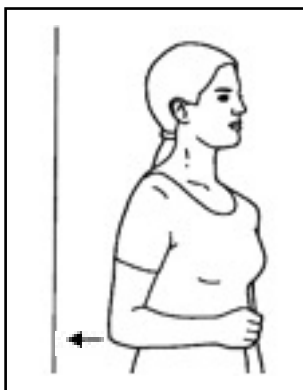
Hold each muscle contraction for a count of ten. Gradually build up the number of repetitions.

STANDING



1. Shoulder Flexors

Stand facing a wall. Try to push your fist forwards into the wall.



2. Shoulder Extensors

Stand with your back to a wall. Try to push your elbow backwards into the wall.



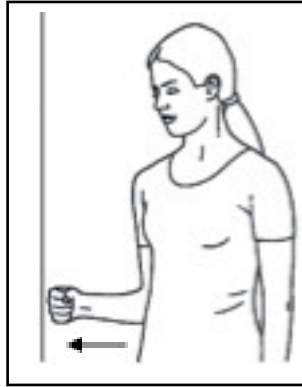
3. Shoulder Abductors

Stand with the outside of your forearm against a wall. Try to push your elbow against the wall.



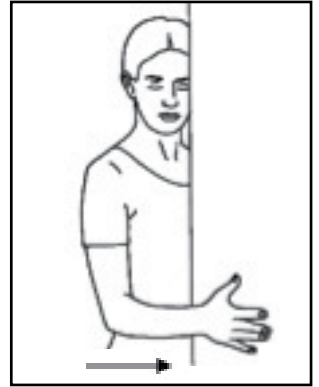
4. Shoulder Abductors

Bring your elbow to 90 degrees. Stand with a small rolled up towel under your armpit. Try to squeeze the towel into your side.



5. Shoulder External Rotators

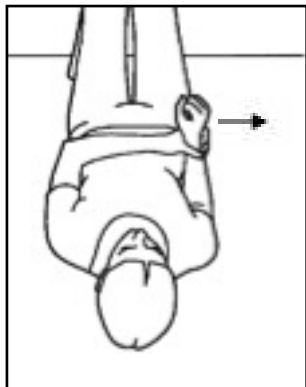
Stand with the outside of your forearm against a wall. Try to push your forearm outwards into the wall.



6. Shoulder Internal Rotators

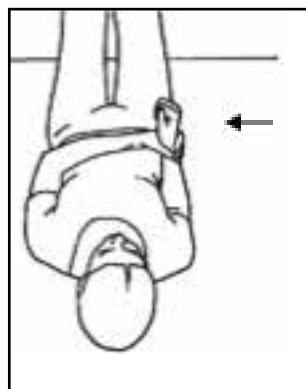
Stand with the inside of your forearm against a wall in a door frame or against a jammed open door. Try to push your forearm inwards into the wall/door.

Lying on your back



7. Shoulder External Rotators

Grasp the wrist of your affected arm, with your unaffected hand on the outside of your wrist. Attempt to pull your affected arm outwards whilst stopping it with your good arm.



8. Shoulder Internal Rotators

Grasp the wrist of your affected arm, with your unaffected hand on the inside of your wrist. Attempt to push your affected arm inwards whilst stopping it with your good arm.

How to contact us

Telephone: **01865 221 540**

(Monday to Friday, 8.00am to 5.00pm. Fridays, 8.30am to 4.00pm, with an answerphone for after hours.)

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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