

Shoulder exercises

Rotator cuff compensation exercises

Introduction

These exercises are aimed at helping you to improve the control around your shoulder.

Your physiotherapist will advise you on which exercises are suitable for you and how many repetitions to do.

Aim to do all the exercises **without hitching your shoulder**. This may mean you have to start only moving the arm a little, and then gradually increase the amount of movement as you improve.

Stop an exercise if it causes you pain.

Exercise 1

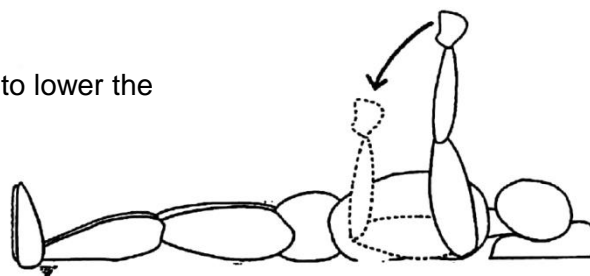
Lie on your back.

Assist your hand into the air.

Maintain this position, then slowly bend your elbow to lower the arm and then straighten it in a 'punching' action.

Increase the amount of bend as you are able.

Repetitions:



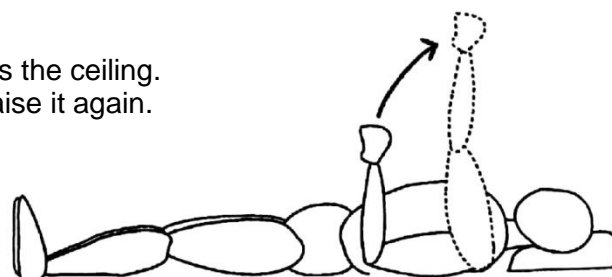
Exercise 2

Lie on your back with your elbow bent.

Straighten your elbow to raise your hand up towards the ceiling.

Slowly lower your arm with your elbow bent, then raise it again.

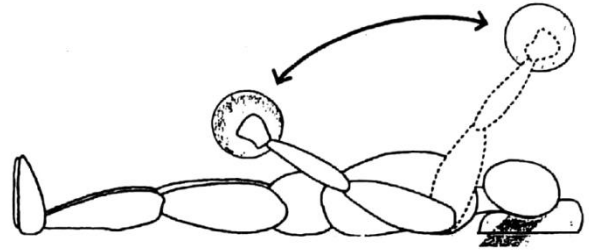
Repetitions:



Exercise 3

Lie on your back holding a light ball.
Gently push your hands into the ball.
Lift both hands towards the pillow and slowly lower.

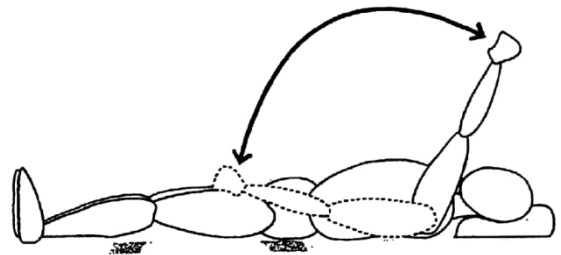
Repetitions:



Exercise 4

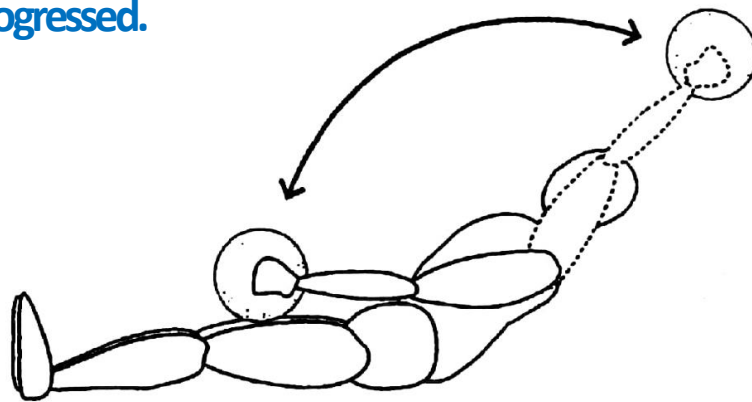
Lie on your back.
Raise your hand above your head towards
the pillow and then slowly return your hand
to its starting position.

Repetitions:

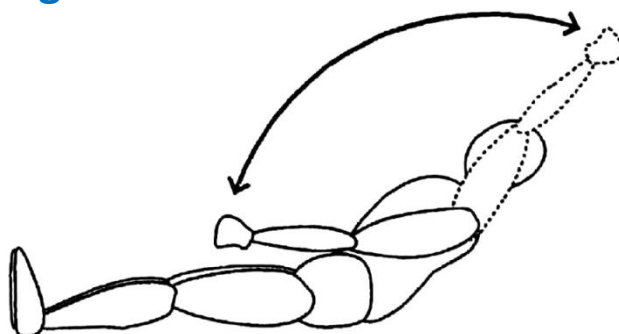


**Exercise 3 and 4 can be progressed by doing them
whilst lying in a more upright position.**

Exercise 3 progressed.



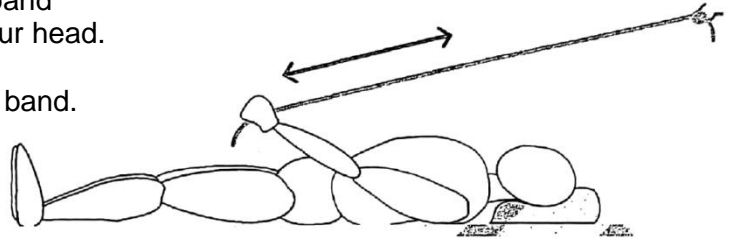
Exercise 4 progressed.



Exercise 5

Lie on your back with an elastic exercise band attached to the bedhead or wall behind your head. Pull the exercise band down to the plinth. Slowly raise the arm again, controlling the band.

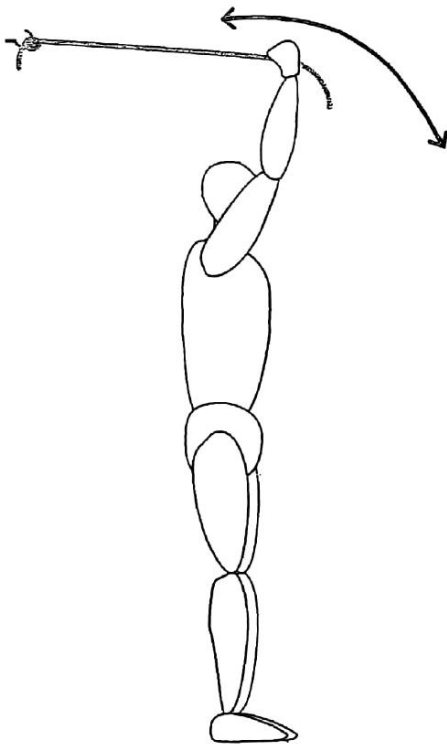
Repetitions:



Exercise 6

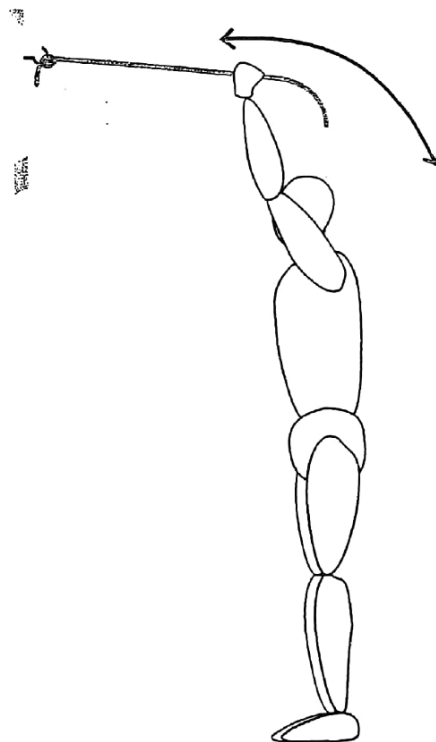
Standing with the exercise band tied overhead. Pull the band down and then slowly raise in a controlled manner. The band can be fixed:

a) Behind



Repetitions:

b) In front



Repetitions:

c) You can also pull the band down to the side.

Repetitions:

