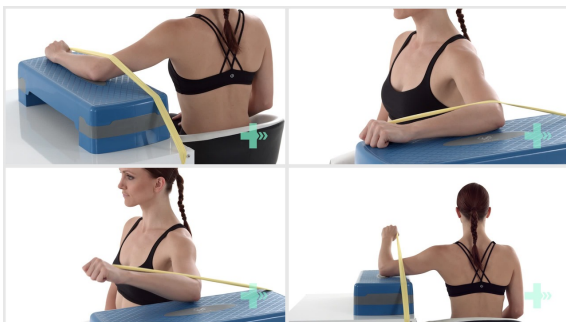


1. Resisted GHjt active supported ER(90)

Sit in an upright position holding a resistance band.
 Rest your symptomatic arm out to the side on a table or solid work surface.
 Your arm should be at approximately 90° to your body.
 Bend your elbow to a right angle, and hold the resistance band in your affected hand.
 Hold onto the other end of the band with your good hand and maintain some tension in the band.
 Maintaining good posture and shoulder blade control, rotate your affected arm up and down so that your forearm moves off the table from horizontal to vertical.
 Your elbow should remain at a right angle and your posture should stay straight with your shoulder blades remaining back and down.



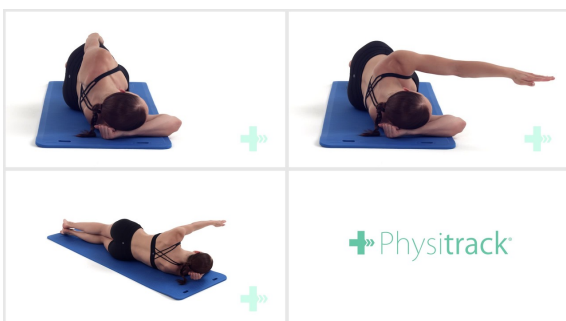
2. Resisted GHjt IR(90) supported

Sit in an upright position, holding a resistance band in the hand of your affected arm with the other end secured to a solid anchor behind you such as a the chair back or a door handle.
 Have somebody hold this if needed.
 Place your affected arm out on a table or work surface at approximately 90° to your body.
 Bend your elbow to a right angle, and hold the other end of the resistance band in your hand.
 Maintaining good posture and shoulder blade control, rotate your arm upwards so that your forearm moves off the table from horizontal to vertical.
 Your elbow should remain at a right angle and your posture should remain straight with your shoulder blades pulled back and kept down.
 Pull against the resistance band and then return to the start position and repeat.



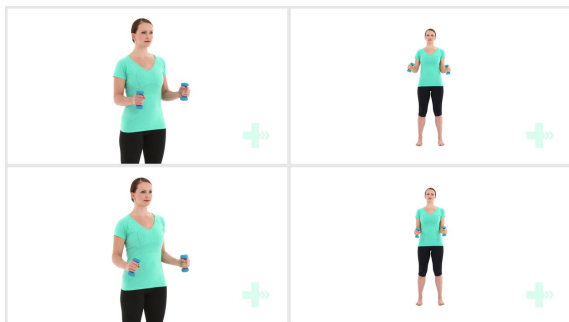
3. Prone scapula retractions with arm lifts

Lie on your front with your arms by your side and your palms facing downwards.
 Pull your shoulder blades back and down and then lift your arms an inch off the floor.
 Hold and then slowly relax.
 Note a weight can be added to your hands to increase the difficulty of this exercise.



4. GHjt flexion side lying

Lie on your good side with your affected arm lying down the side of your body.
 Keeping the elbow straight, move your arm horizontally forwards as far as you can.
 Control the movement back to the start position.



5. AROM shoulder abduction and ER with weight (bi-lateral)

Stand with your legs hip width apart, and your knees slightly bent.

Hold a weight in each hand.

Make sure your shoulders are relaxed.

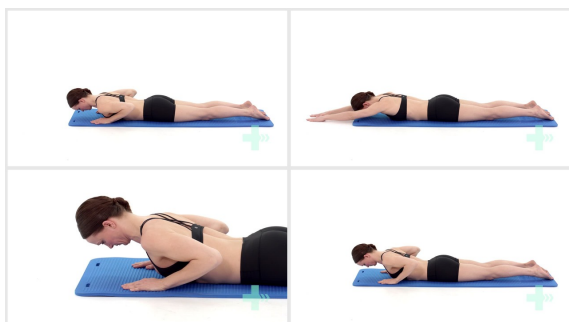
Bend your elbows to 90 degrees.

Leading with your elbows, lift your arms out to your side as far as you can manage comfortably.

Ensure you do not hunch your shoulders or lean your body as you do this.

Control the movement as you lower back down.

1 Set / 1 Rep



6. Prone bilateral shoulder abduction with ER and Cx retraction

Lie on your front with your palms face down by your shoulders.

Pull your shoulder blades towards each other, keeping your neck long.

Lift your head up, tucking your chin to your chest and gazing at the floor.

Maintaining this position, slide your hands along the floor to touch above your head.

Control the movement as you bring them back to the starting position, keeping the control in your shoulder blades.