

# SHOULDER EXERCISES

## Introduction

After an operation or injury to the shoulder the shoulder joint has the tendency to become stiffer. Movement helps to prevent stiffness of the shoulder joint. By exercising regularly you recover faster and the chance of a good result is greater.

## Exercises

During the exercises you should stick to the following guidelines:

- During the exercise, you should not have any severe pain. A little pain is inevitable
- You overburdened your shoulder when:
  - o The pain after the exercise is longer than 30 minutes
  - o The shoulder is thicker and / or warmer after the exercise
- If the shoulder is very stiff, you can assist your movement with the other arm. We call this passive exercises.
- Perform the exercises calmly
- Perform each exercise about 5 to 10 times a day
- Contact your treating physician if the function of your shoulder worsens rather than improves and if there is an increase of pain

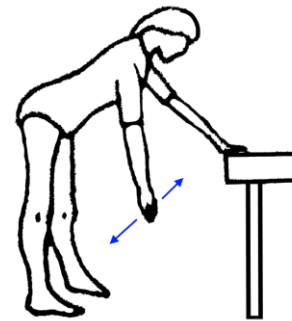
### Exercise 1:

#### Starting position:

Support with the contralateral arm on a table.  
Stand slightly bent.

#### Exercise:

Gently move arm from side to side by rocking bodyweight from side to side. Let arm swing freely.



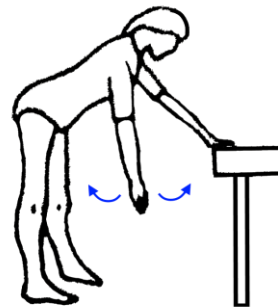
### Exercise 2:

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Support with the contralateral arm on a table.  
Stand slightly bent.

#### Exercise:

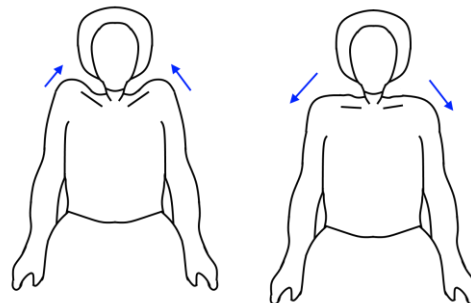
Let the arm move in a circle clockwise, then counterclockwise by rocking bodyweight in a circular pattern.



### Exercise 3:

**Starting position:** Stand up straight

**Exercise:** Pull your shoulders towards your ears and then as far as possible push them down.

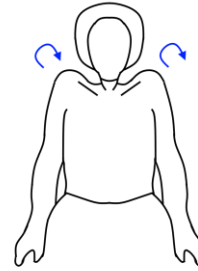


# SHOULDER EXERCISES

## Exercise 4:

**Starting position:** Stand up straight

**Exercise:** Turn your shoulders in a circle



## Exercise 5:

**Starting position:** Stand up straight

**Exercise:** Fold your hands and forward lift up with both arms



## Exercise 6:

**Starting position:** Stand up straight or sit down

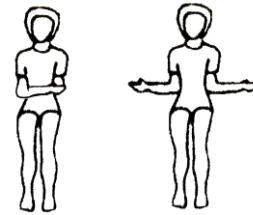
**Exercise:** Raise your arms sideways



## Exercise 7:

**Starting position:** Stand up straight or sit down  
Elbows bent in 90°.

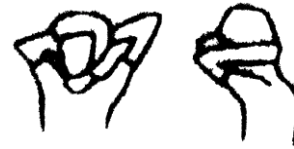
**Exercise:** Move your hands inside and out.



## Exercise 8:

**Starting position:** Put both your hands on your head

**Exercise:** Move your elbows toward each other and then as far back as possible



## Finally

Do you have any questions, please contact your treating physician and write out your questions

## Questions

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