

Shoulder Exercises

Exercise 1



With your arm by your side on a pillow.

Squeeze your shoulder blades together feeling the muscles in the middle of your back contract.

Exercise 2



Lean forward allowing your shoulder to relax. Gently move your arm forwards and backwards, side to side and in a circle.

Exercise 3



Gradually walk your fingers up a wall reaching upwards as far as you are able.

Exercise 4



Clasp your hands and use the unaffected side to help the upwards movement.