OCATs

NHS
Bridgewater
Community Healthcare
NHS Foundation Trust

Musculoskeletal Physiotherapy OCATS

Health Services at Wolves

Shoulder Strengthening Exercises

Guidance

- You have been provided with these exercises to help improve your Shoulder Strength.
- These Exercises are intended to assist with Strengthening for your Shoulder through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist at OCATS.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist at OCATS.

Isometric Static Shoulder Flexion

Stand facing a wall. Keep your elbow at a 90 degree right angle close to your side.

Clench your fists and attempt to push the wall away from you.

You should gradually feel the tension in your arm building up.

Hold for approx. 20-30 seconds.

Repeat 5 times x 3 sets

Isometric Static Shoulder Extension

Stand with your back to a wall. Keep your elbow at a 90 degree right angle close to your side.

Attempt to push the wall away from you using your elbow.

You should gradually feel the tension in your arm building up.

Hold for approx. 20-30 seconds.

Repeat 5 times x 3 sets

Isometric Static Shoulder External Rotation

Stand with your back to a wall. Keep your elbow at a 90 degree right angle close to your side.

Attempt to push the wall away from you using your elbow.

You should gradually feel the tension in your arm building up.

Hold for approx. 20-30 seconds.

Repeat 5 times x 3 sets

Isometric Static Shoulder Internal Rotation

Stand with the inside of your forearm against a wall on the inside of a door frame. Keep your elbow at a 90 degree right angle close to your side.

Attempt to push the wall away from you using your forearm and wrist into the wall / doorframe.

You should gradually feel the tension in your arm building up.

Hold for approx. 20-30 seconds.

Repeat 5 times x 3 sets

Shoulder Abduction Lateral Raise

Repeat 10 reps x 4 sets

Stand holding a dumbbell / water bottle or equivalent by your side approx. 1kg-2kg to begin with.

Keep your chin tucked in (not poking your chin outwards) and keep your head looking forward (avoiding looking down during this exercise).

Gradually move the dumbbell out to the side making sure your keep your elbow straight / fully locked out.

Go as far as you can up to the pain initially. Then gradually progress into the painful range as you feel stronger and able - you should expect it to be painful when doing this exercise, this is normal.

Slowly return to the starting position.

Shoulder Flexion Front Raise

Repeat 10 reps x 4 sets

Stand holding a dumbbell / water bottle or equivalent by your side approx. 1kg-2kg to begin with.

Gradually move the dumbbell up in front of you making sure your keep your elbow straight / fully locked out.

Go as far as you can up to the pain initially.

Then gradually progress into the painful range as you feel stronger and able - you should expect it to be painful when doing this exercise, this is normal.

Slowly return to the starting position.

Shoulder External Rotation Side Lying

Repeat 6-8 reps x 4 sets

Keep your elbow tucked into your side at a 90 degree angle. Put a towel or piece of clothing in between your elbow and side.

Hold a dumbbell / water bottle or equivalent approx. 1kg to begin with.

Rotate your arm up and out to the side as the picture shows.

Hold at the top part of the movement for 1-2 seconds.

Slowly Lower down to the start position.

Shoulder Loop Lift Slides Against Wall

Repeat 10 reps x 4 sets

Put a resistance band around your wrists. Make a fist with both hands to switch on and activate your rotator cuff muscles.

Pull the resistance band outwards approximately shoulder width apart whilst keeping your fists clenched.

Lean against the wall with your elbows and clenched fists, slowly raise the band above your head as far as possible.

Keep the resistance band on tension throughout the movement by pulling it approx. shoulder width apart.

Slowly return to the starting position.

Shoulder Loop Lift Away from Wall

Repeat 6-10 reps
x 4 sets

Put the resistance band around your wrist. Make a fist with both hands to switch on and activate your rotator cuff muscles

Pull the resistance band outwards approximately shoulder width apart whilst keeping your fists clenched.

Away from the wall slowly raise the band above your head as far as possible.

Keep the band on tension throughout the movement by pulling it shoulder width apart.

Slowly return to the starting position.

If this exercise gets easier you can hold some small weights / water bottles or equivalent to add some load to the exercise.

Theraband Row with Chin Tuck Exercise

Attach a band on the back of a door handle / stair banister.
Tuck your chin in gently.
Start with band stretched out and your elbows completely locked out straight.
Row your band bending your elbows squeezing your shoulder blades together.
Hold for 3 seconds slowly lower back to the starting position

Repeat this

10 reps x 3 sets

Banded Pull Apart

Standing holding a moderate resistance band out in both hands in front of you.
Gently squeeze your shoulder blades together, raise your arms up until parallel with your shoulder.
Pull the band apart as far as comfortable, hold for 3 seconds and slowly return to the start position.
Try and keep your arms straight throughout this exercise avoiding to much bend at your elbow joints.

Repeat 6-10 reps
x 4 sets

Weighted Shrugs

Either in sitting on standing up tall squeeze your shoulder blades together.
Stand holding a dumbbell / waterbottle or equivalent .
Shrug your shoulder up and backwards until you feel your neck muscles contract
Hold for approx 2 seconds then slowly lower back to the starting position
Starting off with no weight then progress to the load as able.

Repeat 6-8 reps x 3 sets

Bent Over Dumbbells Rows

Repeat 6-8 reps x 3 sets

Kneel or a bench or side of a bed with one knee, let the other leg rest by your side.

Hold a dumbbell or equivalent weight with your arms fully stretched out

Support yourself with your other hand on the bench.

Row the dumbbell bringing into yourself keeping your elbow tucked in

Hold for 2 seconds squeezing your shoulder blade at the top of the movement

Slowly control back to the starting position

Final thoughts

- If you feel unwell or the exercises cause significant pain, please stop and rest. If this continues discuss it with your physiotherapist.
- If you have any questions or concerns about any of the information detailed in this leaflet please contact the department using the following details.

Bridgewater Community Healthcare
NHS Foundation Trust

Musculoskeletal Physiotherapy OCATS

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Date Approved: **Version Number: 1**