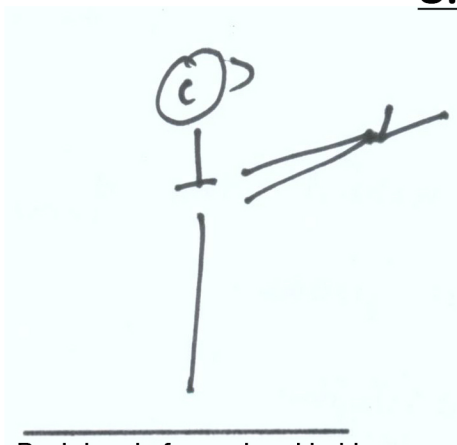




FITNESS & REHAB FORUM

Shoulder Exercises



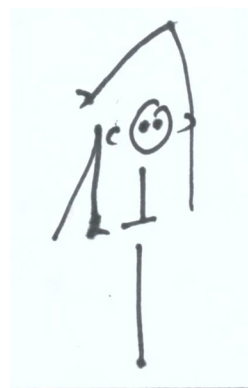
Push hands forward and hold
____ counts* ____ sets.



Push your hand backwards and
hold ____ counts* ____ sets.



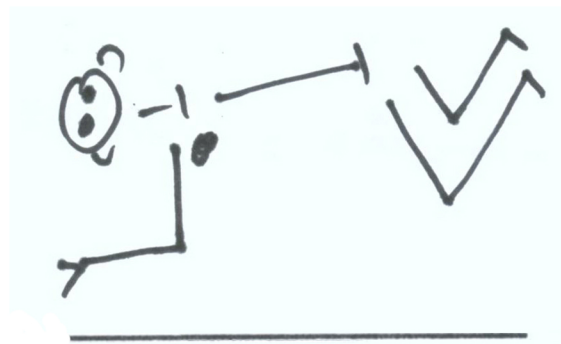
Push your hand upwards and hold
____ counts* ____ sets.



Pull the elbow up and hold
____ counts* ____ sets



Push the hand across and
hold ____ counts* ____ sets.



Keep a tennis ball behind the arm
pit and move the shoulder up and
down for ____ reps* ____ sets.



FITNESS & REHAB FORUM

TIPS TO PRESERVE YOUR SHOULDER !

- 😊 Avoid sleeping on painful shoulder.
- 😊 Avoid overhead exercise/ activity.
- 😊 Keep things closer to you. Do not reach, get closer to pick the object.
- 😊 Do not take the hand behind the shoulder.
- 😊 Do not do deep push ups/ chest press.
- 😊 Avoid empty can position.
- 😊 Keep ice/ hot pack as suggested by your physio/ doctor.
- 😊 Do pain free shoulder exercise, unless otherwise specified.