

Physio2go Ltd



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Post arthroscopy shoulder
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Lying on your back with knees bent. Hold both hands and rest them on your stomach.



Lift your arms straight up and over your head to the floor. Hold approx. 3 secs. (Breathe normally) - return to starting position.

Repeat 10 times.

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Stand holding a stick behind your back with your elbows straight. Alternatively clasp hands behind your back

Lift the stick (clasped hands) backwards away from your body.

Repeat 10 times.

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Lying on your back with hands behind your neck and elbows pointing towards the ceiling.

Move elbows apart and down to touch the floor. This exercise can also be performed in sitting or standing.

Repeat 10 times.

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Stand facing a wall. Hold a cloth or tissue in your hand

Slide your hand up the wall as high as possible. Reverse down in the same way. This exercise can also be performed in the shower by sliding a soapy hand up

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Stand leaning on a table with one hand. Try and get your torso as horizontal with the floor as possible. Hold a 1 kg weight in the other hand.

Let your arm hang relaxed straight down. Then let it swing relaxed in various directions. Strive for 10-20 cm swings initially and then increase the range within comfort. try and perform about 50 swings.

Repeat 5 times/day.