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Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 258 4382.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫ਼ਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 2584382 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Eğer bu broşürün (kitapçığın) yazılı veya kasetli açıklamasını isterseniz lütfen servis müdürüne 0116 258 4382 telefonundan ulaşabilirsiniz.

Produced By: University Hospitals of Leicester
March 2004 / Last reviewed March 2005

University Hospitals of Leicester



NHS Trust

Physiotherapy Department



Shoulder Stability Exercises

This leaflet is designed to remind you how to perform the exercises that have been given to you by your physiotherapist.

The exercises are aimed at helping your pain in your shoulder, which is caused by weakness, poor control or instability.

SECTION 1: **Shoulder Stability Exercises**

Perform only the exercises that are individually ticked.

Any exercises performed in this section should be done ___ times a day.

-
- Stand facing a wall with your arms straight and hands on the wall.
Do push-ups against the wall keeping your body in a straight line.
Repeat 10 times.



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- Sit with forearms resting on a table.
Shift weight onto one arm.
Repeat on the other arm.
Repeat 10 times



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If you have any problems with the exercises you should contact your physiotherapist on the appropriate number below or discuss the problem at your next appointment.

Physiotherapy department
Leicester Royal Infirmary 0116 258 5816

Physiotherapy department
Leicester General Hospital 0116 258 4073

Physiotherapy department
Glenfield Hospital 0116 256 3595

3. Your arms overhead (elbow bent) and relaxed.

Lift one shoulder blade back and slightly down to lift your shoulder square (not all the way to a military position).

Keep your upper arms relaxed (do not push your shoulders back with your arms).

Do not let your shoulder shrug up towards your ears or sag forward towards the floor.

Hold for ___ seconds. Repeat ___ times.



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Stand with both your hands supported on a table.

Shift weight over onto one arm. Repeat to other side.

Repeat 10 times.

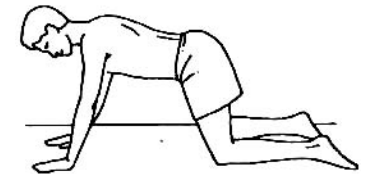


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Crawling position.

Lean forward and transfer your weight onto your arms, then shift your weight backwards and to the sides.

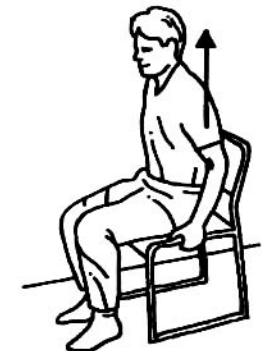
Repeat 10 times.



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Sitting on a chair, back straight.

Clasp the arms of the chair and lift your bottom from the seat by straightening your arms and pushing the shoulders down. Do not let your chin protrude forward. Repeat 10 times



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SECTION 2:

Shoulder Blade Stability Exercises

The aim of these exercises is to work the shoulder blade stabilizer muscles.

Only perform the exercises that are individually ticked.

Any exercises performed in this section should be done ___ times a day.

Lift one shoulder off the floor and slightly down. Tuck in your shoulder blade (not to military position). Maintain this position.

Lift the hand 2 cm only. Do not let your shoulder shrug up toward your ears or sag forward to the floor.

Hold for ___ seconds. Repeat ___ times.



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STARTING POSITION:

Lying on your stomach with a folded towel to support your forehead.

- 1. Your arms resting by your side (palms in to your side)**
Lift your shoulder off the floor and slightly down and tuck in your shoulder blade. NOT ALL THE WAY BACK MILITARILY. Do not let your shoulder shrug up towards your ears, or sag forward to the floor.

Hold for ___ seconds. Repeat ___ times.



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- 2. Arms resting by your side – with palms into your side.**