

OSTEOARTHRITIS SHOULDER EXERCISES – REPEAT TWICE A DAY

EASY

Polishing

Gently lean forwards onto a kitchen worktop or table with your good hand. Start by polishing in small circles, gradually increasing the movement as you feel more comfortable. Repeat for 60 seconds.

Pendular

Gently lean forwards onto a stable surface like a table. Gently swing your arm forward and backwards, side-to-side and then in small circles. Start with small movements and increase the movement as it starts to feel more comfortable. Repeat for 30 seconds in each direction.

INTERMEDIATE

Isometric flexion

Stand facing a wall. Place your fist on the wall with your elbow at a right angle. Gently press against the wall, tightening your shoulder muscle without moving your body. Hold for 3 seconds, repeat 10 times.

Isometric extension

Stand with your back to a wall. Place your elbow on the wall with your elbow at a right angle. Gently press against the wall with your elbow. You should be tightening your shoulder muscle without moving your body. Hold for 3 seconds, repeat X10.

Isometric medial rotation

Stand facing a door way or open corner like in the picture. Place your fist or open hand on the wall. Gently press against the wall tightening your shoulder muscle without moving your body. Hold for 3 seconds, repeat 10 times.

Isometric lateral rotation

Stand sideways on, with your affected shoulder against the wall. Place your fist on the wall with your elbow at a right angle. Gently press against the wall with your fist without moving your body. Hold for 3 seconds, repeat 10 times.

ADVANCED

AA stick flexion 1+2

Stand holding a stick or pole. Gently lift your arm into the air, using your better arm and the stick to help. Do not push into pain. Repeat 10-30 times

AA stick abduction 1+2

Stand holding onto a stick or pole. Gently lift your shoulder out to the side. Do not push into pain. Repeat 10-30 times.

AA stick extension 1+2

Stand holding onto a stick or pole. Gently reach as far as possible backwards without leaning forwards. Use the stick to help. Do not push into pain. Repeat 10-30 times.

AA stick lateral rotation 1+2

Stand holding the stick with your elbows bent at a right angle. While keeping your elbows tucked in, rotate your hand away from your body. Do not push into pain. Repeat 10-30 times.