Reliant Medical Group

Rehabilitation & Sports Medicine
General Shoulder

SHOULDER - 29
Strengthening Activities: Isometric Flexion
Using a wall to provide resistance, press fist into pillow as shown, using light pressure.
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

SHOULDER - 30
Strengthening Activities: Isometric Extension
Using a wall to provide resistance, press back of arm into pillow as shown, using light pressure.
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

SHOULDER - 31
Strengthening Activities: Isometric External Rotation
Using wall to provide resistance, and keeping arm tucked in at side, press back of hand into pillow, using light pressure.
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

SHOULDER - 32
Strengthening Activities: Isometric Internal Rotation
Using door frame to provide resistance, press palm of hand into pillow as shown, using light pressure.
Be sure to keep elbow in at side.
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

SCAP SETS
Pull your shoulders back, pinching the shoulder blades together. Do not let the shoulders come forward.
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

SHOULDER SHRUGS
Shrug your shoulders up toward your ears.
Hold 5-10 seconds.
Repeat 10 times.
Do 1 session per day.

Locations: Worcester – Gold Start Blvd 508-856-9510, 640 Lincoln St 508-854-2426, Worcester Medical Center 508-368-31
Westboro 508-871-0789 Leominster 978-840-1900 Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.
Internet Access www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets