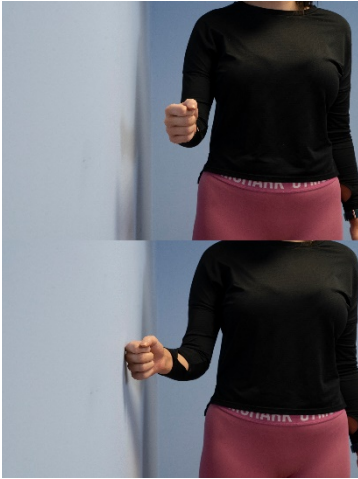


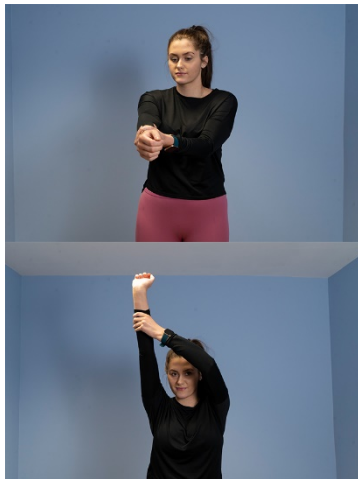
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Isometric shoulder external rotation

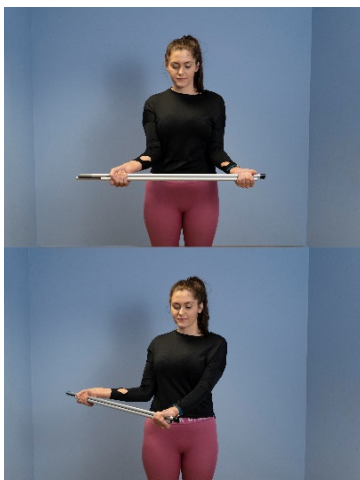
- Sit or stand with your injured shoulder facing a wall
- Bend your elbow to a right angle so your forearm is level to the floor.
- Keeping your elbow bent, place the back of your hand against the wall.
- Apply moderate pressure against the wall using the back of your hand.
- Hold for 5 seconds and relax.



15 reps / 2-3 sets / 1 minute rest

2. Active range of motion

- In standing slowly lift your arm as far forwards and above your head as possible.
- If needed you can use your non injured arm to help lift your injured arm above you.
- Stop when you get to the end of the movement or when pain goes above the guideline.
- Lower your arms down in a controlled manner.



10 reps / 3 sets / 1 minute rest

3. Assisted shoulder external rotation

- In sitting or standing hold a pole or a stick shoulder width apart with both hands facing upwards.
- Bend both of your elbows to 90 degrees (about halfway).
- Keep your elbow on the injured side tucked into your body.
- Without moving your elbow away from your body, use the non-injured side to rotate your injured shoulder outward.
- Stop when you get to the end of the movement or if your pain reaches 4/10.
- Return to starting position in a controlled manner.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.