

**TIME TEXT ON 6 SIMPLE SHOULDER EXERCISES**

**00:05** Don't push into pain and only move your arm as far as first comfortable. Table sides. Sat comfortably at your kitchen table with a hand towel or a tea towel. Please have two hands on top of the towel and gently push it forwards. Only moving the towel as far forward as feels comfortable. Remember the boom should come from your arms and not from your upper body, as seen in the video.

**00:13** Static home lateral rotation. With your painful arm bent to 90° angle at your elbow. Keep the elbow into your chest and place the opposite hand on the outside of your wrist. Attempt to move the arm in an outwards direction as shown with the arrow. Whilst providing resistance with the opposite arm. Hold for about 10 seconds and repeat.

**00:39** Next, we're going to be the same movement on an inwards direction. Resist movement inwards as shown with the arrow, whilst providing resistance with the opposite arm. Hold for about 10 seconds. You can also do this when is moving in a forward direction, again using the opposite arm to provide resistance. Trying not to push into pain and provide as much tension as you feel necessary.

**01:09** Table sides. Sat comfortably at your kitchen table with a hand towel or a tea towel. Place your two hands on top of the towel and gently push it forwards. Only moving the towel as far forward as feels comfortable. Remember the movement should come from your arms and not from your upper body, as seen in the video.

**01:34** Active assisted shoulder movement. Laying down and in comfortable position, use your unaffected arm to help raise your painful arm up towards the ceiling, again only move as far as feels comfortable. If available let go of the arm as it gets towards the top holding it there for few seconds and then guiding it back down.

**02:03** You can make this harder by adding in some forwards and backwards movement. Moving the arm moving beyond forwards and backwards in a slow motion. Again, don't push into any pain and only going as far as feels comfortable.

**02:17** Lateral rotation in side lying. In a comfortable position on your side, keep your elbow tucked into your side and slowly lift your hand up towards the ceiling. Again, only move as far as feels comfortable. If you feel this is easy you can make it harder by perhaps holding on to a tin of baked beans or a hand weight. You may find it more comfortable to have a pillow to support your head.

**02:57** | With all these exercises don't push into pain only move your arm as far as feels comfortable it should get easier in time if you until what to do contact your GP and ask to be referred to see a physiotherapist