

**Notes :**

Isometric Strengthening

**1 Shoulder Pendulum**

Stand and bend at the waist, holding a table with the unaffected arm, leaving the affected arm hanging.

Initiate the movement with the body and slowly rotate your arm in a circular motion, progressively getting bigger, as comfort allows.

Repeat in the other direction.



## 2 Brugger exercise



Sit on a chair with your arms relaxed on your sides.

Rotate your arms in order to point your thumbs backward and to open the chest. Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.



### 3 Isometric shoulder extension

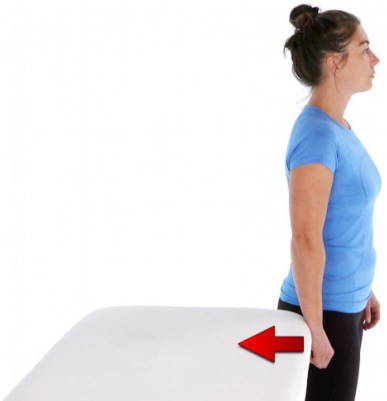


Stand close to a wall with your back against it, your elbow bent and your chin tucked in. Without moving your body or your head, push your elbow back into the wall. You can put a cushion between your elbow and the wall if there is pain.



## 4 Isometric scapular retraction

Stand up next to a table or a countertop. Put your hand on the table and push back against it for the recommended time. Make sure to keep the shoulder stabilized by squeezing the muscles around your involved shoulder blade as you push.



## 5 Iso. shoulder abduction



Stand with the side of your elbow against the wall.

Keep your elbow bent to 90 degrees and your chin tucked in.

Push your elbow against the wall out to the side while keeping your body and head still. Do not lean on the wall or use your body weight to push.



## 6 Isometric external rot.



Stand beside a wall with the affected arm at your side, your wrist against the wall and your chin tucked in.

Push your wrist outward while keeping your elbow at your side and your head still. Relax your arm and repeat.

You can use the opposite arm to resist movement at wrist level instead of pushing against the wall.



## 7 Isometric shoulder int. rot.



Stand in a door frame or at the corner of a wall with your chin tucked in.

Bend your elbow at your side and place the palm of your hand against the edge of the wall.

While keeping your head still and your elbow tucked in by your side, push the wall with the palm of your hand as if you want to move it towards your belly.

