

Shoulder Isometric Exercises

Patient Rehabilitation Sheet

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Caution: Please consult your healthcare professional before you attempt these exercises.

Perform
3 times
a day

The aim of these exercises is to strengthen your shoulder muscles without moving your shoulder joint. Perform these exercises on both sides if required.

- 1. Internal Rotation:** To exercise your right shoulder, bend your right elbow to 90 degrees, hold a rolled-up towel against your body, and place your left hand against your right fist. Now, try to move your right fist inward while resisting this movement with your left hand for about 10 seconds. Then relax. Repeat this exercise 3 times.
- 2. External Rotation:** To exercise your right shoulder, place your left hand on the back of your right fist. Try to move your right fist outward while resisting this movement with your left hand for about 10 seconds. Then relax. Repeat this exercise 3 times.



- 3. Flexion:** To exercise your right shoulder, place your left hand in front of your right fist. Try to move your right fist forward while resisting this movement with your left hand for about 10 seconds. Then relax. Repeat this exercise 3 times.
- 4. Extension:** To exercise your right shoulder, place your left hand behind your right elbow. Try to move your right elbow backward while resisting this movement with your left hand for about 10 seconds. Then relax. Repeat this exercise 3 times.



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