



Comprehensive Guide to Physiotherapy Exercises

Shoulder Strengthening Exercises

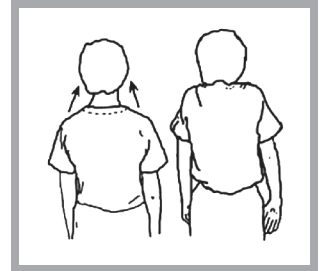
(*Exercises recommended and approved by Qualified Physiotherapist)

Comprehensive Guide to Physiotherapy Exercises

Shoulder Strengthening Exercises

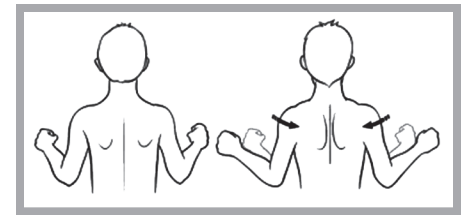
Shoulder Shrugs

- Stand or sit with your arms at your sides.
- Slowly lift your shoulders up towards your ears, then lower them back down gently.
- Keep your neck relaxed throughout the movement.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



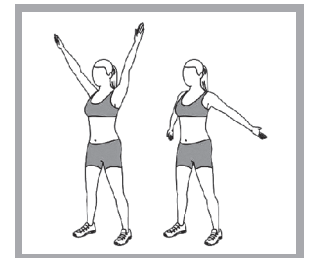
Shoulder Retraction

- Stand or sit with your back straight.
- Squeeze your shoulder blades together and hold for a few seconds.
- Relax and return to the starting position.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



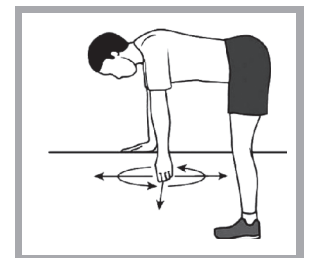
Shoulder Backward Circles

- Stand or sit with your arms at your sides.
- Slowly rotate your shoulders backward in a circular motion.
- Keep the movement smooth and controlled.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



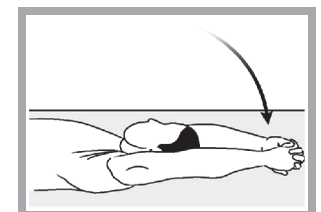
Codman's Pendulum Exercises

- Lean forward, supporting yourself with one hand on a stable surface.
- Let the other arm hang down loosely and swing it gently in small circles.
- Change direction after a few circles.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



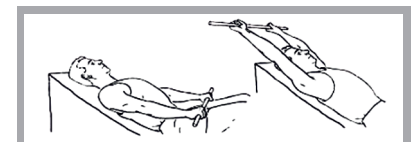
Active Assisted Overhead Flexion with Other Hand Support

- Use your unaffected arm to assist your affected arm in lifting overhead.
- Hold the position for a few seconds, then slowly lower back down.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



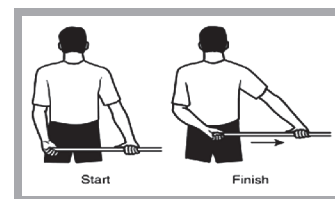
Active Assisted External Rotation with Support of a Stick

- Hold a stick with both hands, keeping your elbows at your sides and bent at 90 degrees.
- Use the unaffected arm to push the affected arm outwards.
- Hold for a few seconds, then return to the starting position.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



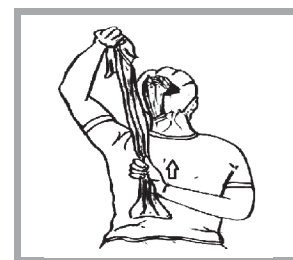
Internal Rotation with Support of a Stick

- Hold a stick behind your back with both hands.
- Use your unaffected arm to gently push the affected arm towards the back.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps

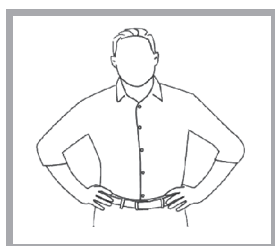


Internal Rotation with the Support of a Towel

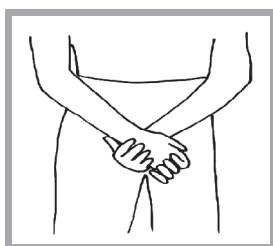
- Hold a towel with one hand behind your back and the other hand over your shoulder.
- Pull the towel upward with the top hand, then gently pull downward with the bottom hand.
- Repeat on the other side too.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



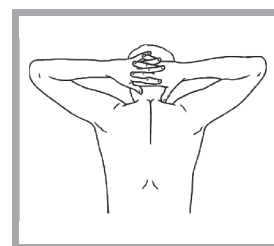
Leisure Positions



Try to keep both hands on waist level



Try to fold hands behind your back



Try to clasp the hands behind your head with elbows spread out

- Hold for 1-2 minutes, repeat as needed throughout the day.

(Reps - Repetition)

References:

- Arthritis Foundation. (n.d.). Knee Osteoarthritis Exercises.
- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/knee-osteoarthritis-exercises>
- (<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/knee-osteoarthritis-exercises>)
- <https://orthoinfo.aaos.org/en/recovery/knee-conditioning-program/>
- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/your-exercise-solution/lower-body-movements/knee-movements>
- American Academy of Orthopaedic Surgeons (AAOS): Back Exercises
- Johns Hopkins Medicine: Exercise for Osteoarthritis
- American Academy of Orthopaedic Surgeons (AAOS): [Shoulder Exercises]

