

## Shoulder Exercises

*The exercises listed below are part of a treatment regime for patients attending The Police Rehabilitation Centre. They are reproduced here as an aide memoire for those patients. The exercises have been designed to cover a range of abilities and should not cause any harm. Consult a Chartered Physiotherapist or your GP before embarking on any new fitness regime, and if you do experience any pain or discomfort as a result of these exercises, stop immediately and speak to a health professional.*

### **Wall Press Up with Gym Ball**

- Begin by holding the ball against a wall at chest height. Your feet should be placed at an appropriate distance from the ball that allows you to control your lumbar spine.
- Relax your shoulders and scoop your stomach up and in, engaging your core muscles and finally, tighten your 'glutes'. Perform a wall press up maintaining 'neutral' spine.
- Do not lead with your head or chest and don't let your hips sag forwards.



### **Side Lying External Rotation**

- Holding a dumbbell in your upper hand. Keep your elbow at a right angle and support it against your side.
- Lift weight towards the ceiling and lower back down keeping the elbow tucked into your side.



### Forward Raise

- Grab a pair of dumbbells and let them hang at arm's length next to your body.
- Raise your arms straight in front of you until they're parallel to the floor.  
Maintaining correct posture.
- Pause then slowly lower to the start position.



### Lateral Raise

- Grab a pair of dumbbells and let them hang at arm's length next to your body.
- Keeping your arms straight raise your arms straight out to your sides until they're at shoulder level with your palm facing downwards. Maintaining correct posture.
- Pause then slowly lower to the start position.



### PNF – D1 Extension

- Stand sideways with your affected shoulder farthest away from the door.
- Position your arm across your face with your palm facing backwards, as shown.
- Pull the handle down and across your body toward your opposite hip.



### PNF – D2 Extension

- Stand sideways with your affected shoulder closest to the door and your arm out straight with your palm facing forward as shown.
- Pull the handle down and across your body toward your opposite hip.



### PNF – D1 Flexion

- Stand sideways with your affected shoulder closest to the door and your arm out straight with your palm facing forward, as shown.
- Pull the handle up and across your body, as shown.



### PNF – D2 Flexion

- Stand sideways with your affected shoulder farthest away from the door.
- Position your arm across your body with your palm facing backwards as shown.
- Pull the handle up and across your body, as shown.



## Prone Shoulder Extension

- Lying on your front forehead on a block arms straight by your sides holding a weighted bar.
- Reach your hands down towards your ankles whilst simultaneously lifting the bar away from your body, towards the ceiling.
- Pause and return the bar back down.



## Swimming Level 4

- Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'table top' position.
- Reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat
- Lower this arm and leg. Repeat alternating arms and legs



### Single Arm Gym Ball Raise

- Lying on your back with your knees bent up, gym ball on your hand elbow touching the mat next to your body.
- Slowly press the ball up until your arm is straight.
- Slowly return to the start.



### Shoulder Press

- Stand holding a pair of dumbbells just outside your shoulders, with your palms facing forwards.
- Press the weights upwards until your arms are completely straight.
- Slowly lower the dumbbells back to the start position.



## Triceps Press

- Lay on your back with knees bent and feet on the floor
- Hold a small weight or medicine ball in your hand and extend your arm push the weight towards the ceiling.
- Use your opposite hand to stabilize your arm just underneath your elbow and slowly bend your elbow; taking the weight down towards your forehead and then extend your elbow once more.
- \*\* To progress this exercise; do dips off an edge of a step or a chair.



## Biceps Curl

- Stand up tall with elbows tucked in to the side of your stomach; palms facing up.
- Hold either a dumbbell or use a Theraband. Bend your elbows bringing the palms of your hands up
- Towards your shoulders and then slowly extend your elbows again, lowering the weight.



## Over the Top

- Roll over a gym ball so that quadriceps muscles (thighs) are resting on top on the ball and your hands are flat on the floor directly underneath your shoulders.
- Make sure that your pelvis, neck and head are in neutral position
- Common errors are to let the head sag/raise, letting your back sag or flexing at the hips.



## Gym Ball Throw and Catch

- Lay on your back, with your knees bent and feet on the floor.
- Throw and gym ball up in the air towards the ceiling and then catch it as it returns (use both hands).





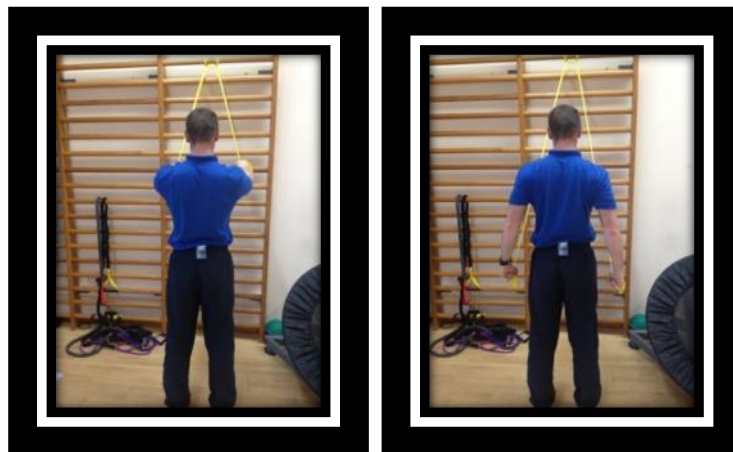
## Upright Row

- Hold a barbell in both hands, resting it in front of your thighs with hands closer than shoulder width apart.
- Raise the bar up towards your chin insuring that your elbows stay high and point to the ceiling.



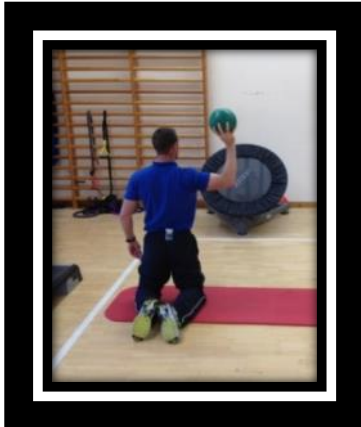
## Lat Pull Downs in Standing with Theraband

- Stand facing the theraband anchored high above your head, a door would be suitable (make sure no one walks through the door!).
- Hold the ends of the band in each hand, insuring that your arms stay straight, pull the ends of the band towards your pockets.
- Keep the shoulders down and away from your ears throughout the movement.



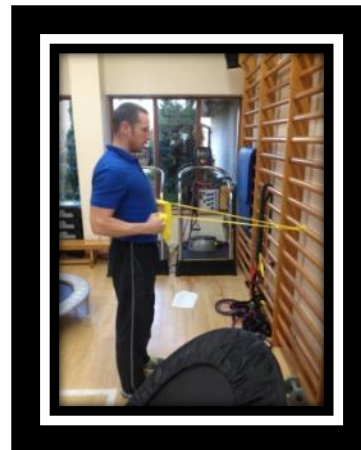
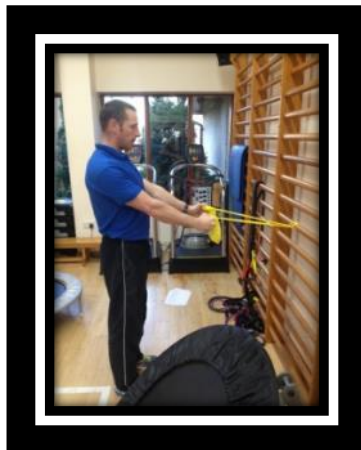
## Medicine Ball Throw against Trampoline

- Using some sort of round ball, throw and catch the ball against a wall or trampoline. Make sure your elbow and wrist is always higher than your shoulder.



## Standing Rows with Theraband

- Standing facing a door with a theraband secured to the handle (make sure no one walks through the door!), grab an end of the band in each hand.
- Step back so there is a little tension in the band and pull the ends towards you.
- Keep the shoulders down and away from your ears throughout the movement.



### Serratus Anterior Press

- Lying on your back holding a ball/medicine ball in the hand of your injured limb with arm pointing straight up.
- Slowly reach upwards with your arm keeping your arm straight, and then return to start position and repeat.



### Supine Lying Shoulder Press

- Lying on your back holding a dumbbell in the hand of your injured limb with arm bent and forearm pointing straight up.
- Slowly reach upwards with your arm until your arm is straight, and then return to start position and repeat.



## Window Cleaners

- Start with your shoulder in approx. 90° abduction and 90° external shoulder rotation.
- Then perform a shoulder press maintaining 90° external rotation.
- Return to start and repeat.



## Freeform Rollouts

- On all fours holding on to the Freeform board, slowly roll the board away from the body as far as comfortable. Then return to start and repeat.



## Kneeling Press Ups

- Start in four point kneeling (wrists below shoulders, knees below hips)
- Slowly lower your chest towards the floor by bending at the elbows
- Pause before pressing back to the start and repeat.
- To make this exercises progressively harder move your knees away from your hands.



## Extended Plank

- Hold the top position of a press up for up to a minute.
- Keep your wrists under your shoulders and your body in one straight line from shoulders to ankles.
- You can progress this exercise by tapping one hand to the opposite shoulder.



## Wall Slides

- With your hands inside a pillow case (a theraband works well too), push your forearms out to create tension in the pillow case, keeping your wrists in line with your elbows.
- Maintaining forearm contact with the wall slide your arms up the wall, return to the start position and repeat.



## Balance Point Flexion

- Lying on your back with a light weight in your hand, take your arm up to 90 degrees and move the arm within an arc of 60 degrees (60 - 120).



### **Eccentric Horizontal Adduction**

- Start lying on your side with the affected arm on top, pointed to the ceiling, directly above your shoulder.
- As slowly as possible lower the weight to the floor leading with your little finger
- Return to the start by either reversing the movement or pulling the elbow into your waist and then pressing it back to the start position.



### **Eccentric Internal Shoulder Rotation**

- Start lying on your back, knees bent up and elbow level with your shoulder (as pictured).
- As slowly as possible lower the weight towards the stack of blocks/books.
- Return by assisting the hand back to the start with the unaffected arm.



## Eccentric External Shoulder Rotation

- Start lying on your back, knees bent up and elbow level with your shoulder (as pictured).
- As slowly as possible lower the weight towards the stack of blocks/books.
- Return by assisting the hand back to the start with the unaffected arm.



## Isotonic internal/External rotation.

- Start as pictured, elbow well supported by the knee.
- Lower the weight in a controlled manner, as far as comfortable
- Return to the start by reversing the action.





## Sphinx

- Start as pictured, chest well clear of the mat, elbows below shoulders and hands apart
- Maintain your chest position and reach your unaffected arm straight out in front of you (12 o'clock)
- Return the arm to the start position and repeat to various positions around a clock face



## Y Test

- Start with your affected hand in between three cones in a triangle, in an extended plank.
- Reach one cone at a time as far away from your affected arm as possible, one to 9 o'clock, one to 12 o'clock and one to 3 o'clock.

