

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

Perform  
3 times  
a day

The aim of these exercises is to contract your shoulder muscles while your elbow remains stationary at your side. Perform these exercises on both sides if required.

- 1. Internal Rotation:** To exercise the right side, begin with your right elbow bent to 90 degrees and a rolled up towel between your right elbow and your body. Place your left hand against your right fist. Push your right fist inward while resisting the movement with your left hand. Maintain the contraction for about 10 seconds and then relax. Repeat this exercise 3 times.
- 2. External Rotation:** To exercise the right side, place your left hand on the back of your right fist. Push your right fist outward while resisting the movement with your left hand. Maintain the contraction for about 10 seconds and then relax. Repeat this exercise 3 times.



- 3. Flexion:** To exercise the right side, place your left hand in front of your right fist. Push your right fist forward while resisting the movement with your left hand. Maintain the contraction for about 10 seconds and then relax. Repeat this exercise 3 times.
- 4. Extension:** To exercise the right side, place your left hand behind your right elbow. Push your right elbow backward while resisting the movement with your left hand. Maintain the contraction for about 10 seconds and then relax. Repeat this exercise 3 times.



© All rights reserved. Educom Pty. Ltd.