

Phase 2 – Week 6 to 3 months II

Perform the following five times, once a day, holding each exercise for 10 secs

1. ***Flexion stretch***

- Place palm side up against a wall and slide arm up wall whilst getting closer to the wall



2. ***External rotation stretch***

- With elbow by your side and bent at 90⁰, place palm on side of door frame
- Slowly turn your whole body away from the door frame so that your arm is stretched out to your side.



3. ***External rotation, abduction stretch***

- Stand in the corner of a room, a few feet away.
- Place hands on wall at shoulder height and lean forward giving a comfortable stretch



ISOMETRIC STRENGTHENING EXERCISES

- Perform a series of ten, three times every day
- Hold each exercise for five seconds, applying gentle pressure

1. ***Isometric flexion***

- With forearm in front of your body push with operated hand, towards you, against unaffected hand which is kept still, providing resistance

