



PowerTouch

MASSAGE THERAPY

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Patient:

5 Great exercises for shoulder mobility .

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Pendulum 2 with Traction

This is a great exercise to try especially if you think you might have some arthritis in your shoulder. The gentle traction applied by using a light weight creates a feeling of space within the joint.

Hold a weight in your hand. Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently from front to back. Try to let momentum and gravity move your arm. Go forwards and then backwards. This exercise is a great way to passively mobilise a stiff shoulder.

If you have experienced shoulder dislocations then please check if this exercise is suitable for you before trying it.

Repeat 10 times | Perform 2 times daily | Perform both sides

Video: <https://youtu.be/DpotJGkEP58>



External Rotation with Dumbbell

For so many tasks our muscles on the chest get tight and pull the shoulders into a rounded position. A great exercise to strengthen those muscles on the back.

Tuck your elbow in, keeping it next to your body (important cue!), and turn your arm outwards while holding a dumbbell. Your therapist will advise the weight of the dumbbell (usually it is 1-2kg). This is a strengthening exercise for the rotator cuff shoulder muscles.

Repeat 8-12 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/WfpxwK3ZPRY>



Lying Retraction Arms Extended

The superman exercise! Fantastic for working the lower trapezius muscle.

Lie face down, and take your arms out to your side. Squeeze your shoulder blades together lifting your arms just 10-15 cm from the floor. You will feel a muscular contraction around and between your shoulder blades, and in the backs of your arms.

Repeat 8-12 times | Perform 3-4 times daily

Video: <http://youtu.be/KijgMIPNYB4>



The Football Supporter

Take a moment to be your own cheerleader! Really focus on the downward movement to counteract the feeling of those shoulders being tucked up by your ears.

Take a scarf, hand towel or dowel rod, and grasp both ends. Lift it above your head, and slowly move the scarf from side-to-side as if you were waving a football scarf. This exercise will help improve mobility to the shoulder, but if your shoulder is stiff, start gently as it can be uncomfortable. Choosing a longer scarf can help to start mobilise shoulder and then you can slowly reduce the distance between your hands.

Repeat 8-12 times | Perform 3-4 times daily | Perform both sides

Video: http://youtu.be/1bGs1_gw1_0

Wall Angel

Wow! This can be one powerful exercise! Incorporates shoulders and posture.



Stand with your feet a few inches from a wall. Place your arms at shoulder level, with your elbows bent. Slide your elbows up the wall as far as feels comfortable. Return to the start position. This exercise can help improve shoulder mobility and posture.

If the movement is too challenging then move your feet out a little bit further so that your back can rest comfortably against the wall. Then retry the exercise.

Repeat 5 times | Perform 3-4 times daily

Start these exercises gently. If 10 is the most painful then any discomfort should be around 3/10. So find a number of repetitions that are comfortable and repeat 3-4 times and build up gradually. Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on susan@powertouchtherapy.co.uk. Good luck and keep with it!