

Shoulder Exercises: Wall Pushup



Strengthening exercises help make your injured shoulder more stable by making the muscles that support your shoulder stronger. To warm up and stretch your muscles, move your arms around first.

Here are steps for the wall pushup:

- With feet and hands shoulder-width apart, place your palms on the wall, standing about an arm's length away.
- Slowly breathe in (inhale) and keep your knees straight and heels on the floor. Then bend your elbows and slowly lean forward to lower your upper body toward the wall, as far as you comfortably can. Make sure to keep your feet flat on the floor. Your elbows should be pointing downward. Hold this position for 1 second.
- Slowly breathe out (exhale), then push away from the wall until your arms are straight and you are back to the starting position.
- Repeat. Work up to 15 wall pushups.



Note

Wear shoes that keep you from slipping.

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