



# SHOULDER PHYSICAL THERAPY

Here are examples of how to support the shoulder joint. Ease off the exercise if you start to have pain. Your doctor will tell you when to start and which exercises work best for you. Follow the QR code for videos to guide you through these exercises.



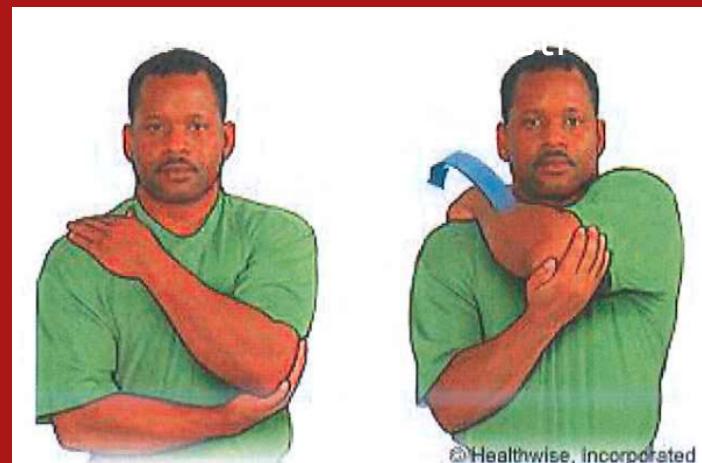
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Pendulum swing



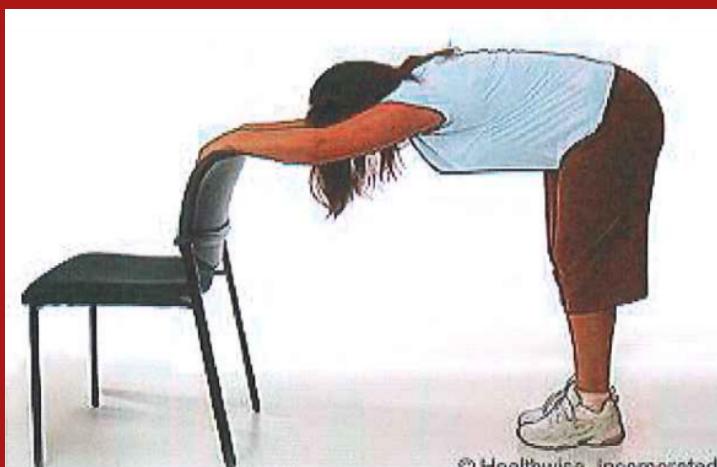
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Overhead stretch



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Posterior stretch



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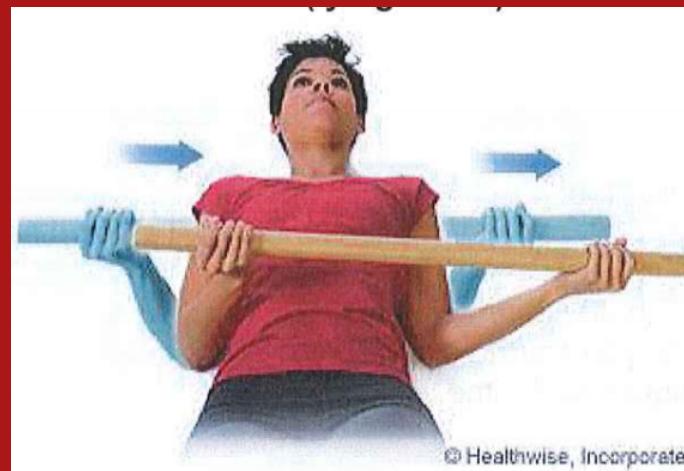


Flexor and extensor exercise

Shoulder flexion (lying down)



Shoulder rotation (lying down)



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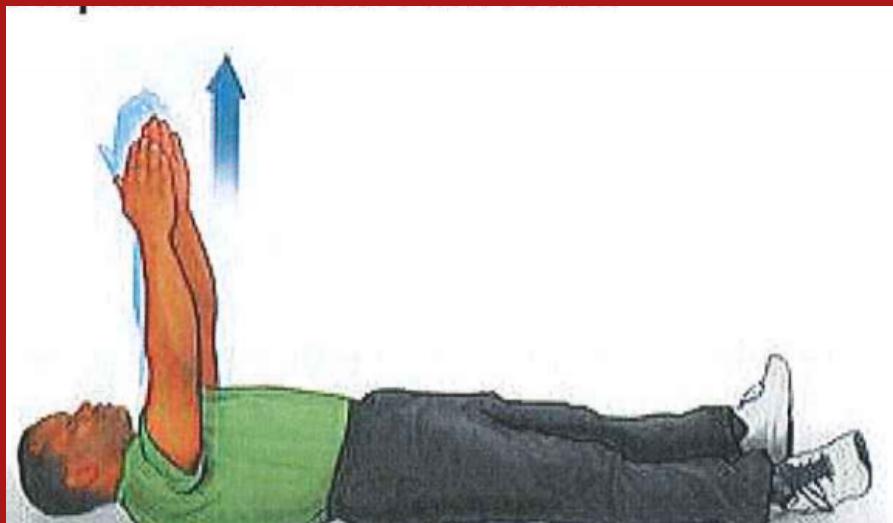
Shoulder squeeze exercise

Scapular exercise:  
wall push ups



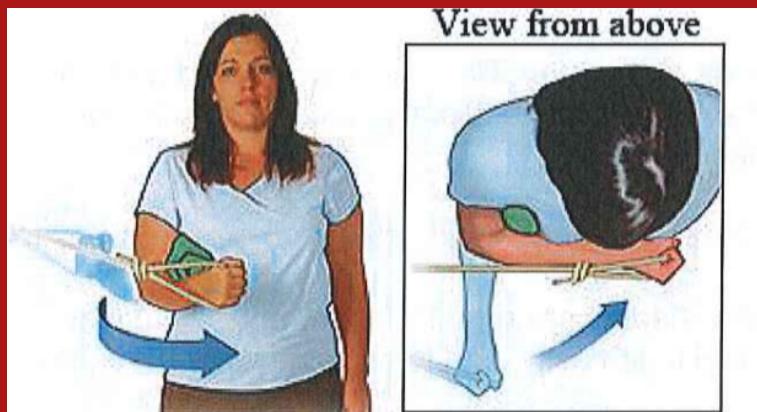
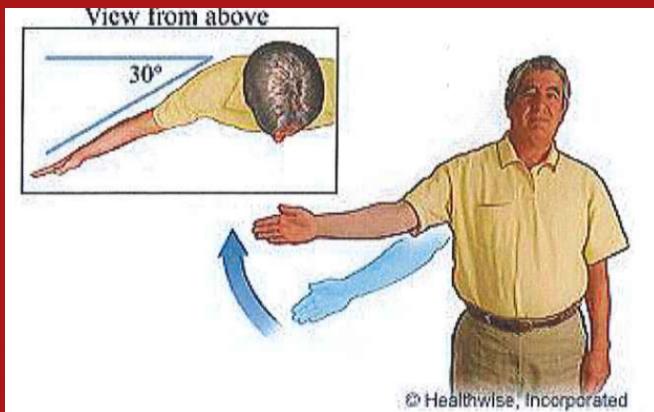
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Scapular exercise: arm reach



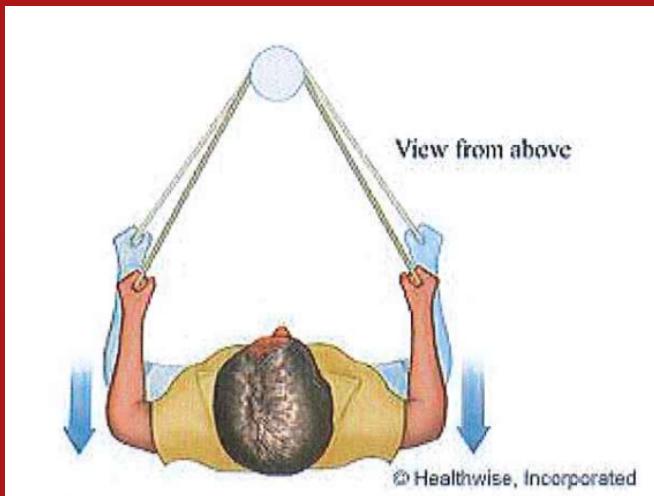
**Arm raise to the side**

**Internal rotator strengthening exercise**

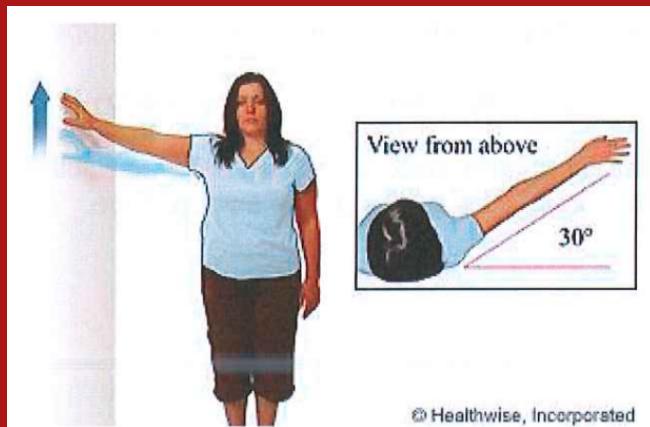


**Scapular exercise: retraction**

**External rotator strengthening exercise**



**Wall climbing to the side**



**Wall climbing to the front**

