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Shoulder Stability Exercises

Isometric strengthening exercises

Isometric means 'staying the same length'; therefore during these exercises the joint should not move. They should be commenced as soon as they can be done pain free.

- If any exercise is painful do not attempt it. Seek advice to make sure you are doing it correctly.
 - If the muscle is very weak it may feel as if you are not doing anything! Do not be tempted to try to do it more strongly as you may end up using the wrong muscles and therefore not achieving the right result.
 - In general, if you feel the rest of your body is moving, then you are attempting to do the exercise too strongly, if in doubt do the exercise as gently as you can.
 - Isometric exercises are not designed to increase muscle bulk but to improve communication between your brain, the joint and the muscle.
 - Try not to hold your breath, but do concentrate on what you are doing.
1. Keeping your injured arm straight by your side, preferably while standing, place your other hand on the outside of your arm just above your elbow (alternatively stand with the injured arm next to a wall). Using your other hand (or the wall) to *block any movement*, press your injured arm outwards away from your side. Hold the contraction for a count of 3, then relax completely. Repeat 3 times.
 2. In the same way, place your other hand at the front of your injured arm just above the elbow. Blocking the movement with your other hand, press forwards with your arm. Hold the contraction for a count of 3, then relax completely. Repeat 3 times.
 3. In the same way, place your other hand at the back of your injured arm just above the elbow. Blocking the movement with your other hand, press backwards with your arm. Hold the contraction for a count of 3, then relax completely. Repeat 3 times.
 4. Repeat 1 to 3 with your arm held out sideways away from your body just below 90°.
 5. With your injured arm by your side but with the elbow bent to 90°, place your other hand against the palm of your hand of your injured arm. Blocking the movement with your other hand, press the palm of your hand inwards as though you were trying to take your forearm across your stomach. Hold the contraction for a count of 3, then relax completely. Repeat 3 times.
 6. With your injured arm by your side but with the elbow bent to 90°, place your other hand against the back of your hand of your injured arm (or against a wall). Blocking the movement with your other hand, press the back of your hand outwards as though you were trying to take your forearm away from your body. Hold the contraction for a count of 3, then relax completely. Repeat 3 times.
 7. Repeat 5 and 6 with your arm held out sideways away from your body just below 90°. I.e. Pushing your palm forwards or pushing the back of your hand backwards.
 8. Repeat 5 and 6 with your arm held up by your head and your elbow bent so that your forearm lies above and across the top of your head.

Once all these exercises are comfortable then you can start full strengthening exercises.



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Shoulder Stability Exercises

Strengthening Exercises

Only do any of these exercises once the isometrics can all be done without pain.

- Do not do any of these exercises if they are painful
1. Sitting or standing, raise both arms straight out sideways. Hold for count of 3, then slowly lower. Repeat 3 to 20 times. Then add light weights in your hands, starting with about 200g, gradually increasing the weights over time.
 2. Sitting or standing, raise both arms straight up in front of you. Hold for count of 3, then slowly lower. Repeat 3 to 20 times. Then add light weights in your hands, starting with about 200g, gradually increasing the weights over time.
 3. Sitting or standing with your arms held straight out sideways, take your arms forwards slowly to touch hands, then slowly return them out sideways. Repeat 3 to 20 times. Then add light weights in your hands, starting with about 200g, gradually increasing the weights over time.
 4. Sitting or standing, raise both arms straight up in front of you and above your head, keeping your arms close to your head. Hold for count of 3, then slowly lower. Repeat 3 to 20 times. Then add light weights in your hands, starting with about 200g, gradually increasing the weights over time.
 5. Sitting or standing, lift up both arms, bending your elbows to touch your hands on the back of your head, then lower your arms to touch your hands behind your lower back. Repeat the whole movement smoothly 3 to 20 times, then add weights.
 6. Sitting, standing or lying on back with one arm across your body so your hand lies on the opposite hip. Lift your arm straight up and over to lie beside your head. Repeat 3 to 20 times, then add weights.
 7. Press ups or push ups. Start by kneeling on your hands and knees, then bend and straighten your elbows to do the push ups. When you are strong enough, do full press ups with your legs straight. Start with 3 and build up to 30.
 8. Backward press ups. With your legs straight out in front of you and your hips off the floor so that you are leaning back on your hands, bend and straighten your elbows. Start with 3 and build up to 30.
 9. Chins. Hanging from a bar. Pull yourself up to touch your chin to the bar, then lower yourself letting your arms straighten fully before repeating. Repeat 3 to 20 times.
 10. Crab walking. Resting your weight backwards on your hands and feet, walk around forwards, backwards and sideways for 5 to 60 seconds.
 11. Wheelbarrow. With a partner holding your feet, walk around on your hands forwards, backwards and sideways for 5 to 60 seconds.
 12. Use resistance bands attached to a solid object or draw cord gym machines to strengthen movements in all directions across the front, sides, back of your body.