

Exercise plan:
Shoulder & Arm Exercises

Patient:
A Healthy Patient

Date:
27th Sep 2017

Practitioner:
Living Centre Clinic



Shoulder Shrugs Up

Shrug your shoulders upwards, towards the ceiling, to increase strength in your upper shoulder muscles (upper trapezius).

Repetitions: 8

Video: <http://youtu.be/YT6qn6HVQyE>

Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

Repetitions: 8

Video: <http://youtu.be/X7NtgY9kCCM>



Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

Repetitions: 4 | Both sides

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





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Teres Major Stretch Standing Strong

Stand up and place your arm up towards your ear. Wrap your arm over and around your head. You should feel a gentle stretch just beneath your arm pit. Pull against your arm, and side-bend. This is the teres major stretch.

Repetitions: 3



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Mid-Deltoid Stretch

Place your arm across your chest, and resist pulling your arm away from your body. Your arm should not move. This exercise stretches the mid-deltoid muscle located in the upper arm and shoulder.

Repetitions: 3 | Both sides

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



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Ulnar Nerve Glide Floss 3 Sitting

Advanced Nerve Stretch - not for beginners

Sit with good posture, and place your non-affected hand over your collar bone and shoulder on your affected side. Use this hand to hold down your shoulder blade to stop it rising up during the next part of the exercise. Join your thumb and finger on your affected side, making a ring. Lift your shoulder to 90 degrees as you hold the shoulder blade down with your opposite hand. Bend your elbow so the ring you made is positioned just above your shoulder. Bend your wrist back and forwards. You should feel the tension increase and decrease in your little finger.

Video: <http://youtu.be/qoQ4efSuxyU>



Median Nerve Stretch 2

Advanced Nerve Stretch - not for beginners

Stand up with good posture, and your affected arm hanging by your side. Turn your arm so that the crease of your elbow is facing forwards, and your fingers backwards. Drop your arm down slightly, and side-bend your neck to the opposite side to create a stretch in the median nerve, and through your elbow, neck and wrist.

Video: <http://youtu.be/v2FpKYrbQhY>

The first 4 exercises are generally safe to do by all. These can be done sitting or standing. **STOP** if any cause pain and seek professional help. The idea of these stretches is to release locked in tightness, **NOT** to create new length. So do these very gently.

The last two exercises are for advanced users or those under clinical supervision. They are designed to stretch the nerves. Very gently done in a healthy person it should help keep your tissues mobile.

All exercises are for guidance. Please contact the osteopathy team free of charge better@livingcentreclinic.com before starting any exercise, for guidance and advice. Alternatively call us on 02089462331 to speak with us.

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