

Exercise plan:
ShoulderPatient:
Living Centre Clinic PatientPractitioner:
Vispi Jamooji

These shoulder exercises are generic and selected to help with a wide range of shoulder pain. However we advise you seek professional help before trying these. Please stop if the exercise makes the pain worse and contact us or your regular healthcare professional.

Helping pain to get better often needs more than exercises alone, but the above may help, so do contact us if you need more help.

Living Centre Clinic
Email: better@livingcentreclinic.com
Call: 02089462331



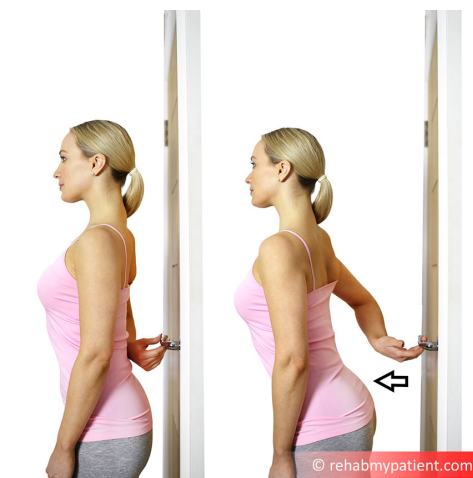
Pec Stretch

Bend your elbow 90 degrees, and rest your forearm against a door frame or wall, with your fingers pointing towards the ceiling. Lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

One side will be tighter than the other. This exercises is for the tight side only.

Sets: 2-3 | Repetitions: 4-6

Video: <http://youtu.be/OHtz3C0v9IM>



Teres Minor Door Stretch

Stand up with your back next to a closed door. Hold the door handle. Take a small step forwards, and then lean forwards. With some practice, you should be able to feel a stretch around the outside of your shoulder blade.

One side will be tighter than the other. This exercises is for the tight side only.

Sets: 2-3 | Repetitions: 4-6

Video: https://youtu.be/rlur_HRH8Y8



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.

One side will be tighter than the other. This exercises is for the tight side only.

Sets: 1 | Repetitions: 3 - 6 | Time: Bend and hold 3 secs

Video: <https://youtu.be/D27Ow3LxhO4>