

Exercises for the Shoulder

Here are some exercises which you may wish to try to improve your range of movement when reaching e.g. into a cupboard. The photos have been taken in a series to show the start position, mid-range position and end position so that you can follow the pictures to follow the technique.

Reaching Exercises

Sitting on a chair whilst resting your arms on a towel on a table. Slide the towel forwards and backwards on the table.



Standing against a wall whilst resting your hands on a towel. Slide the towel up the wall.



Standing against a wall whilst holding a resistance band in both hands. Slide your hands up the wall.



Standing with your back against a wall and push your shoulder blades into the wall whilst reaching towards the ceiling.



Once this exercise feels easier step away from the wall either use a stick or resistance band.



Progress the exercises by stepping up onto a step whilst reaching towards the ceiling.



Improving Range of Motion Behind Your Back Exercises



Rest your forearm on a towel and rotate your forearm out to the side.



You can progress this exercise to standing.

