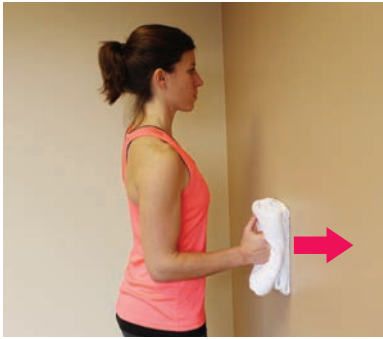


SHOULDER ISOMETRIC STRENGTHENING PROGRAM

Isometric Shoulder Flexion at Wall

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

Movement

Push your arm directly into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Isometric Shoulder Extension at Wall

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a towel between the back of your arm and a wall.

Movement

Push your elbow directly backward into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Isometric Shoulder Abduction at Wall

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin in a standing upright position with your elbow bent 90 degrees, with a towel between the side of your arm and a wall.

Movement

Push your arm sideways into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Isometric Shoulder External Rotation at Wall

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a towel between your wrist and a wall.

Movement

Push your arm into the wall as if you were rotating your forearm outward, keeping your elbow tucked at your side, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Standing Isometric Shoulder Internal Rotation with Towel Roll at Doorway

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin in a standing upright position facing a door frame with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the inside of your hand and the door frame.

Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.