



## Sherborne chiropractic

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Exercise plan:  
**Shoulder Mobility Exercises**

Patient:  
**Patient Patient**

Date:  
**19th Feb 2018**



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### The Bra-Strap Exercise

Reach your arm behind your back, as if you were reaching between your shoulder blades, but only go as far as feels comfortable. You should feel a gentle pulling at the front/deep in your shoulder. Sometimes if your shoulder is sore this exercise can be uncomfortable but it does increase the mobility of your shoulder, but it does increase the mobility of your shoulder.

**Perform 2 times daily | Repeat 1 times | Hold for 5=seconds | Perform both sides**

Video: <http://youtu.be/iQp3APdtnDM>



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### Active Flexion

Lift your arm above your head, as far as feels comfortable. Keep your arm directly in front of you. Stop when you feel pain. Slowly lower your arm. This will help improve the mobility of your arm. As you get more comfortable with the exercise, you can increase the range of movement.

**Perform 2 times daily | Repeat 1 times | Hold for 10+ | Perform both sides**

Video: <http://youtu.be/YcyVC4EzUil>



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### The Football Supporter

Take a scarf, hand towel or dowel rod, and grasp both ends. Lift it above your head, and slowly move the scarf from side-to-side as if you were waving a football scarf. This exercise will help improve mobility to the shoulder, but if your shoulder is stiff, start gently as it can be uncomfortable.

**Perform 2 times daily | Repeat 10 times | Hold for 3 seconds | Perform both sides**

Video: [http://youtu.be/1bGs1\\_gw1\\_0](http://youtu.be/1bGs1_gw1_0)



## Triceps and Lats Stretch

Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. Side bend your body away from your arm to create a stretch just behind your armpit. This exercise stretches your tricep and latissimus dorsi muscle.

**Perform 2 times daily | Repeat 1 times | Hold for 15+ seconds | Perform both sides**

Video: <http://youtu.be/g4uyCjwPJDw>



## Active Extension

Move your arm backwards behind your body. When you reach the end of your comfort zone, return to neutral. This exercise improves mobility to your shoulder.

**Perform 2 times daily | Repeat 1 times | Hold for 10 seconds | Perform both sides**

Video: <http://youtu.be/L3FadLiQzhk>



## 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.

**Perform 2 times daily | Repeat 1 times | Hold for 10+ seconds | Perform both sides**

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



## Extension with Dowel Rod Standing

Extend your arms behind your back while grasping a pole, rod or golf club. Go as far as feels comfortable, and then return to neutral. If you don't have a dowel rod, you can use a broom stick or golf club.

**Perform 2 times daily | Repeat 1 times | Hold for 10 seconds**

Video: [http://youtu.be/otp\\_J5ZANPA](http://youtu.be/otp_J5ZANPA)

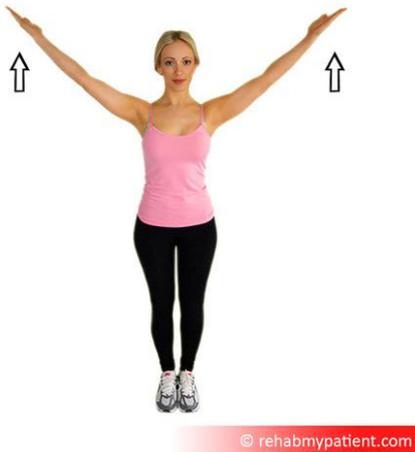


### 90 Degree Arm Lift

Take your arm to the side of your body, and lift your arm up as far as feels comfortable. Slowly lower your arm. This exercise will improve mobility and strength to your shoulder.

**Perform 2 times daily | Repeat 3 times | Hold for 5 seconds | Perform both sides**

Video: [http://youtu.be/cuHc4sJ\\_VVc](http://youtu.be/cuHc4sJ_VVc)



### 90 Degree Double Arm Lift with External Rotation

Take your arms to the side of your body, and lift them up to horizontal. At this point, turn your palms upwards, and continue as far as feels comfortable. This exercise will improve mobility and strength to your shoulder.

**Perform 2 times daily | Repeat 3 times | Hold for 5 seconds | Perform both sides**

Video: <http://youtu.be/abxBX-DoA44>



### 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.

**Perform 2 times daily | Repeat 1 times | Hold for 10 seconds | Perform both sides**

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



### Stroking the Shoulder Blade

Reach behind your same shoulder, towards your shoulder blade. Take your arm as far as feels comfortable. This is a mobility exercise for your shoulder, improving flexion and External rotation.

**Perform 2 times daily | Repeat 1 times | Hold for 10 seconds | Perform both sides**

Video: <http://youtu.be/R4dwCiMMys8>



## Hand Grab Behind Back

Place one hand behind your neck, and the other towards the small of your back. Try to join your hands together. This is a mobility exercise for your shoulder.

**Perform 2 times daily | Repeat 1 times | Hold for 10+ seconds | Perform both sides**

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

Dear Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [Info@sherbornechiropractic.com](mailto:Info@sherbornechiropractic.com). Good luck and keep with it!