

exercise 1
Pendular rotation of the shoulder

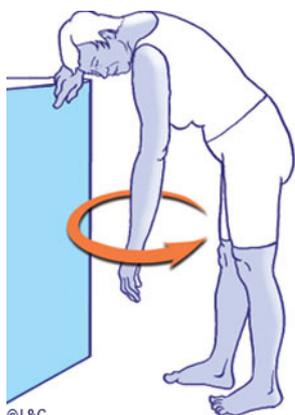
Why is this exercise useful?

- Ensures relaxation of the muscles of the shoulder.
- Allows a slight decompression of joint surfaces.

How do you do the exercise correctly?

- Standing, legs apart, upper body leaning forward, head on your hand with the latter placed on a high piece of furniture (chair back, windowsill).
- Rotate your arm by making small pendular circles with your hand.

• **TIP**
Do not try to make big circles.



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exercise 2
Lowering the shoulder

Why is this exercise useful?

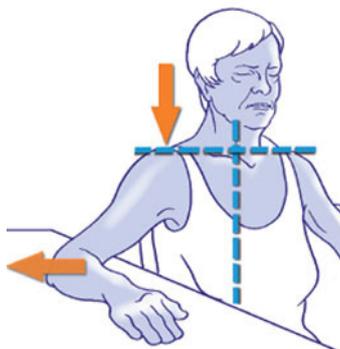
- Keeps your shoulders low and in line with your body.
- Prevents the "curled" effect of shoulders too far forward.

How do you do the exercise correctly?

- Sitting on a chair, sideways on to a table.
- With the help of the opposite arm to the table, put the other arm folded on the table.

The aim is to move your elbow away from your body without raising your shoulder.

• **TIP**
The shoulder must be kept low and your lower body fixed.
For comfort, but also to move your arm even further from your body, you can place a pillow or book under your elbow.



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exercise 3
Mobility of the shoulder

Why is this exercise useful?

- Maintains lateral movement of the shoulder.

How do you do the exercise correctly?

- In a sitting position facing a table, place a ball in the palm of your hand and reach your arm out.
- Roll the ball from right to left, going as far as possible on each side.

Remember to keep your shoulder down.

• **TIP**
Failing a ball, you can use a sponge and "clean" the table. To increase the difficulty, use a bigger and bigger ball.



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exercise 4
Arm elevation

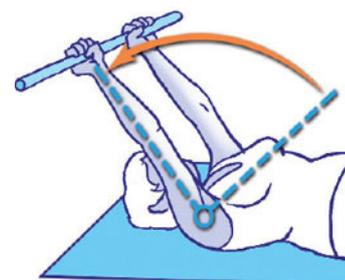
Why is this exercise useful?

- Maintains full anterior elevation range of motion of the arms.
- Retains the ability to raise arms up as far as possible.

How do you do the movement correctly?

- In a lying position.
- Holding a stick or crossing your hands, raise your arms back as far as possible. Ideally, they should reach your ears.

• **TIP**
Be careful not to raise your shoulders towards your ears, only your arms should be moving.



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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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