

exercise 1
Circular movement

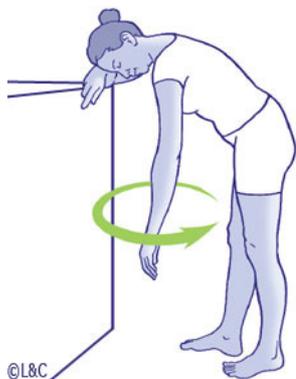
Why is this exercise useful?

- 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 circles with your hand.

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



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exercise 2
Lowering the shoulder

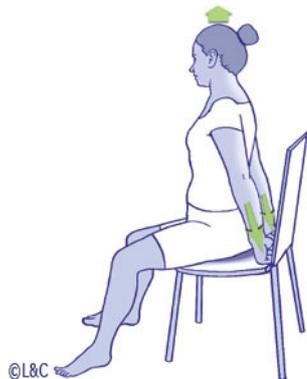
Why is this exercise useful?

- Keeps your shoulders down and in line with your body so that they do not "curl" further forward.

How do you do the exercise correctly?

- In a sitting position with your fists behind you at the back of the seat of the chair.
- Try to raise your upper body; your feet remain in contact with the ground.

• **TIP**
Make sure your fists are placed behind your buttocks and your shoulder blades brought together.



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exercise 3
Finger climbing

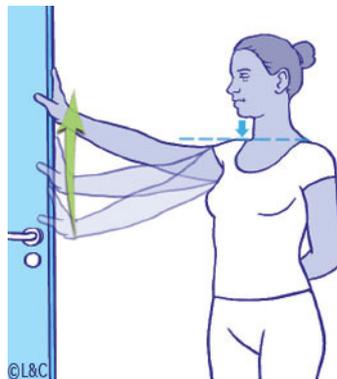
Why is this exercise useful?

- Strengthens the deltoid.
- Maintains full anterior elevation range of motion of the upper limbs.

How do you do the exercise correctly?

- Standing, your hand on the edge of a door.
- Move your hand upwards by advancing your fingertips.
- Go as high as possible, without raising your shoulders towards your ears.
- Put your other hand behind your back to make sure it remains flat.

• **TIP**
Position yourself sideways to the door. To strengthen muscles release your fingers for a few seconds and grab the door after 6 seconds of contraction.



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exercise 4
Spreading your arms apart

Why is this exercise useful?

- Strengthens the muscles.
- Maintains your shoulders in line with your body.
- Straightens the upper body and prevents certain pathologies, such as biceps tendinitis.

When you have sore shoulders you tend to bring them forward.

How do you do the exercise correctly?

- Use a belt or scarf and hold it with both hands.
- Move your hands outwards.

• **TIP**
Keep elbows close to the body.



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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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