

# SUSSEX SHOULDER

## stretching & strengthening

### Rotator Cuff Strengthening - Repeat 10 times



Hold the theraband in your hands and tuck your elbows into your sides. Keep your shoulders back and down. Pull on the band with your affected arm rotating the forearm outwards. This exercise may be hard work but should not be painful.



After having pain and especially after using a sling it is common to adopt a position where the shoulder is raised or forwards. To exercise effectively the shoulder blade should be in a relaxed position with the shoulders down and back.

### Wall Press Up - Repeat 10 times



Stand about 18 inches away from the wall and lean against it with your hands. Gently push yourself away from the wall.

### Sleeper Stretch - Repeat 4 times



Lie on your affected side with your shoulder at 90 degrees and your elbow bent to 90 degrees. Keeping your shoulder relaxed push downwards on the back of your wrist, so your forearm moves downwards, until you feel a stretch. Hold at least 30 seconds then relax.

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These notes are intended as a guide and some of the details may vary depending on your individual circumstance and at the discretion of your surgeon.

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