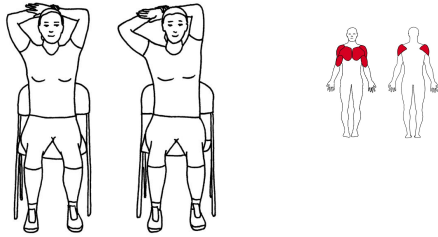


1. Assisted shoulder flexion (90 degrees)

Sit on a chair and rest your affected arm on top of the opposite sides forearm. Lift the affected arm upwards (flexion), assisted by the other hand, until you reach about a 90° angle in the shoulder joint. Slowly return and repeat.

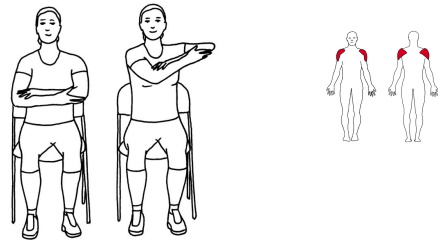
Sets: 2 , Reps: 10



2. Assisted overhead shoulder abduction

Sit on a chair and rest your arm on top of your head, the elbow tip is facing upwards. Grab around the wrist with the opposite hand and pull lightly, so that the upper arm is moved closer to your head. Return and repeat.

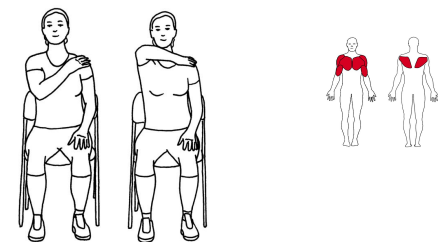
Sets: 2 , Reps: 10



3. Assisted shoulder abduction

Sit on a chair and rest your affected arm on top of the opposite sides forearm. Move the affected arm sideways, assisted by the good arm, elbow tip is now pointing outwards. Ensure that the movement goes sideways (abduction) and not forward (flexion). Slowly return and repeat.

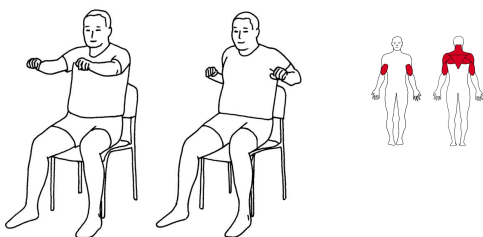
Sets: 2 , Reps: 10



4. Assisted adducted shoulder flexion

Sit on a chair and rest your hand on the opposite sides shoulder, elbow tip is facing downwards. Lift the elbow tip upwards until you reach about a 90° angle in the shoulder joint. Slowly return and repeat.

Sets: 2 , Reps: 10

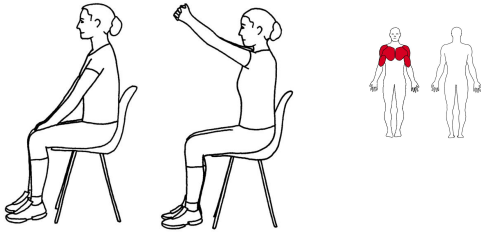


5. Seated row without equipment

Sit on a chair with extended arms in front of you. Move arms in towards your chest and pull your shoulder blades together. Move your arms forward again and repeat.

Sets: 2 , Reps: 10





6. Offloaded Shoulder Flexion, sitting

Sit on a chair with both feet on the floor. Inhale deeply and relax the shoulders. Gather your hands in your lap and extend your elbows. This is the starting position. Raise the hands up with your arms extended. Hold the top position and then return to the starting position. Repeat and try to reach a bit further. Aim to reach above your head.

Sets: 2 , Reps: 10

