



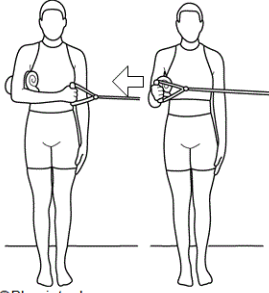
## Personal exercise program

### Shoulder Exercises

New Forest Physiotherapy Southampton  
40 Kingfisher Way, Marchwood, Southampton SO40 4XS  
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Chartered Physiotherapist Adam Smith-Connor  
Provided for  
Training start date 11/20/2024

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**As you get stronger increase the number of repetitions for each exercise.**

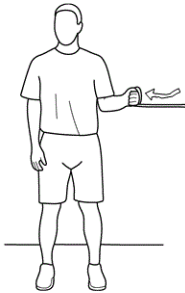
**You might get discomfort when exercising but you should stop if you get severe pain.**

Begin with one end of the band securely attached at waist-height. (You may place a towel roll under your arm as well.) Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm outward. Hold and slowly return.

TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight.

10 reps, 3 sets

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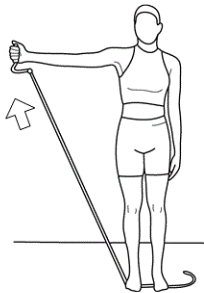


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Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Start with your elbow by your side, pull the band in towards your stomach. Hold and slowly return.

10 reps, 3 sets.

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Begin with one end of the band or tubing stabilized under your foot. Grasp the band with tension at your side. Keeping your elbow straight, lift the arm up as high as you can against band resistance. Hold and slowly return. Avoid arching your back.

10 reps, 3 sets

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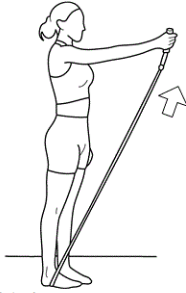
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Begin with a slightly stretched band or tubing anchored under your foot. Lift the band in front of your body and up as high as you can. Keep your thumb pointing upward and your elbow straight. Avoid arching your back.

10 reps, 3 sets

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Stand or sit. Lift your hand up and behind your neck.

Grasp your elbow with the other hand and push back and down until you can feel the stretching at the back of your upper arm. Hold the stretch for approx 20 secs.

Repeat   3   times.

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Stand with arms behind your back and hold one hand.

Slide your hand up along your back as far as you can.

Hold stretch 10 secs.

Repeat   3   times.

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