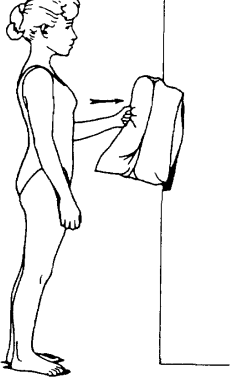

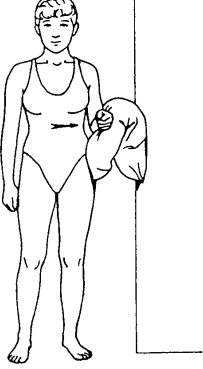

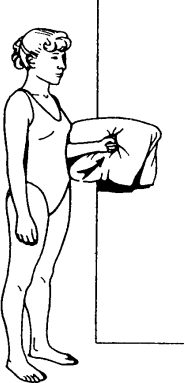



Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 URN: \_\_\_\_\_

## Physiotherapy

# Shoulder Isometric Exercises

### Using a Pillow and a Wall to Provide Resistance

<p>Using a pillow, press your fist into a wall as shown.</p> <p>Use light to moderate resistance only.</p> <p>Hold ____ seconds.          Repeat ____ times.          Do ____ sessions/day.</p> 	<p>Using a pillow, press the back of arm into a wall.</p> <p>Use light to moderate resistance only.</p> <p>Hold ____ seconds.          Repeat ____ times.          Do ____ sessions/day.</p> 
<p>Using a pillow, press the outside of your arm into a wall with your elbow.</p> <p>Use light to moderate resistance only.</p> <p>Hold ____ seconds.          Repeat ____ times.          Do ____ sessions/day.</p> 	<p>With a pillow tucked under your arm, gently squeeze the pillow into your body.</p> <p>Use light to moderate resistance only.</p> <p>Hold ____ seconds.          Repeat ____ times.          Do ____ sessions/day.</p> 
<p>Using a pillow, press the back of your hand into a door frame as shown.</p> <p>Use light to moderate resistance only.</p> <p>Be sure to keep your elbow at your side</p> <p>Hold ____ seconds.          Repeat ____ times.          Do ____ sessions/day.</p> 	<p>Using a pillow, press the palm of your hand into a door frame as shown.</p> <p>Use light to moderate resistance only.</p> <p>Be sure to keep your elbow in at your side.</p> <p>Hold ____ seconds.          Repeat ____ times.          Do ____ sessions/day.</p> 

Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 (Name & Designation)

*If you have any concerns with this advice or exercises,  
 please contact your physiotherapist*



\*25110\* Advice or Information

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