

Physiotherapy Home Exercise Hand-Out

Provided for:

Exercise Picture	Description
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1. Isometric Shoulder External Rotation

1. Stand sideways on to a wall or solid surface and bring your arm up to a 90 degree bend.
2. Push the hand and forearm into the wall whilst keeping your elbow pulled into your waist (use a towel under the arm if needed).

Repetitions: 3

Hold: 30 seconds

Daily: 2 – 3 times



2. Isometric Shoulder Abduction

1. Stand sideways against a wall, with your elbow at 90 degrees and tucked into your side.
2. Push the Elbow into the wall to make the muscle at the side of the shoulder work. No movement in the body should occur.

Repetitions: 3

Hold: 30 seconds

Daily: 2 – 3 times



2. Isometric Shoulder Extension

1. Stand with your back to a wall or solid surface and bring your arm up to a 90 degree bend.
2. Push the elbow backwards into the wall without moving the rest of your body.

Repetitions: 3 Hold: 30 seconds

Daily: Daily 2-3 times



3. Isometric Shoulder Flexion

1. Stand facing a wall or solid surface and bring your arm up to a 90 degree bend
2. Make a fist and push into the wall whilst keeping the rest of your body still.

Repetitions: 3 Hold: 30 seconds

Daily: Daily 2-3 times