

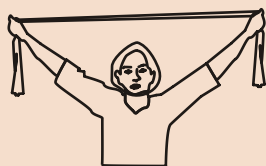
As shown, strengthen your shoulder muscles using theraband.

EXERCISES FOR THE SHOULDER



Try to touch your opposite shoulder blades from behind.

Pulling of the theraband on the top.



Pulling of the theraband from behind.



All the exercises should be done under the supervision of physiotherapist.

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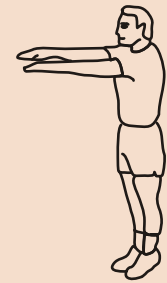
HINDUJA HOSPITAL

Shoulder joint is a ball and socket joint that allows the arm to rotate in a circular fashion or hinge out and up away from the body. Its is easily subjected to injury because the ball of the upper arm is larger than the shoulder socket that holds it. To remain stable the shoulder must be anchored by muscles, tendons and ligaments. Some shoulder problems arise from disruption of soft tissues as the result of injury or overuse or under use of shoulder.

The following exercises help to get the mobility and strength in the shoulder joint.



As shown try to take elbows apart.



Try to stretch hands forward.

Stretch both your arms upwards.



Try to take your hand to opposite side.



Stretch both your arms backwards.

Bend forward and move hand in the rhythmic fashion.



Place both hands on your waist and take elbows front and back.

Try to touch your opposite elbow from behind.



As shown, try to touch your chest to the wall.

