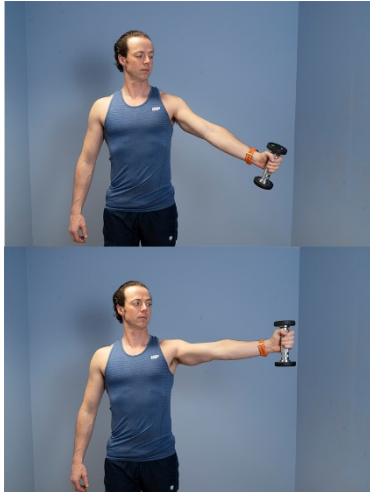


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Shoulder abduction

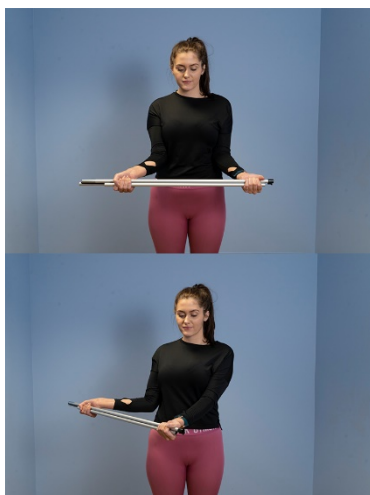
- Sit or stand holding a small weight (use a shopping bag with household items if you do not have weights).
- Lift your arm out to the side as high as possible or to the point of 4/10 pain.
- Make sure not to hitch your shoulder during the movement.
- Return to starting position.



15 reps / 2-3 sets / 1 minute rest

2. Incline press up

- Stand in front of a solid surface that is around hip height, for example kitchen counter.
- Place your hands on the hip high surface and step backwards until you feel moderate force going equally through your shoulders.
- Bend your elbows to take your head and shoulders closer to your hands.
- Push against the surface to return to starting position.



10 reps / 2- 3 sets / 1 minute rest

3. Assisted shoulder external rotation

- In sitting or standing hold a pole or a stick shoulder width apart with both hands facing upwards.
- Bend both of your elbows to 90 degrees (about halfway).
- Keep your elbow on the injured side tucked into your body.
- Without moving your elbow away from your body, use the non-injured side to rotate your injured shoulder outward
- Stop when you get to the end of the movement or if your pain reaches 4/10.
- Return to starting position in a controlled manner.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.