

Walker & Hall Chartered Physiotherapists

Shoulder - Intermediate Exercises

Personal Exercise Program

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PLEASE READ BEFORE CONTINUING

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WARNING AND DISCLAIMER

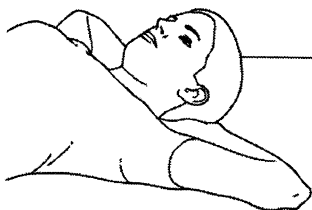
BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

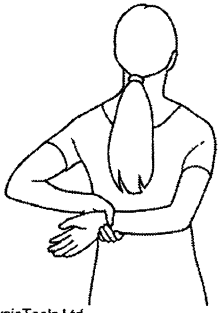
The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.



Lying on your back (or sitting) with your hands behind your neck and elbows pointing towards the ceiling.

Move elbows apart and down to touch the floor.

Repeat 10 times.



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Stand with arms behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up the back.

Repeat 10 times.



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Stand or sit.

Lift your arm up sideways with thumb leading the way.

Repeat 10 times.



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Standing with hands clasped in front of you.

Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.

Repeat 10 times.