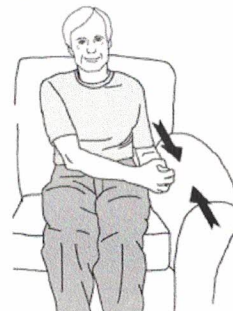


Occupational Therapy TOOLKIT

Shoulder Isometric Exercises Left - Seated

- Isometric Shoulder Flexion**
Bend your elbow. Push your left hand into your right hand. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



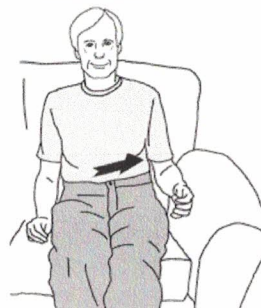
- Isometric Shoulder Extension**
Bend your elbow. Push your left upper arm and elbow into the chair back. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



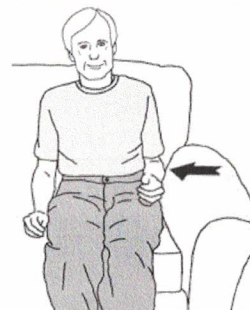
- Isometric Shoulder Abduction**
Bend your elbow. Push your left elbow into the armrest. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



- Isometric Shoulder Adduction**
Bend your elbow. Press your left elbow into your body. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



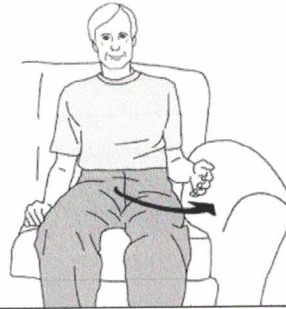
Occupational Therapy TOOLKIT

Shoulder Isometric Exercises Left - Seated

Isometric External Rotation

Bend your elbow. Rotate your left shoulder away from your body and push your forearm against the armrest. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



Isometric Internal Rotation

Bend your elbow. Rotate your left shoulder towards your body and push against your right hand. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.

