

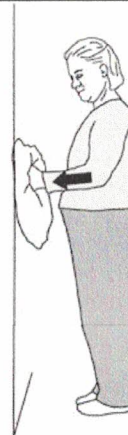
Occupational Therapy TOOLKIT

Shoulder Isometric Exercises Left - Standing

Shoulder Flexion

Stand facing the wall. Make a fist with your left hand and place a pillow between the wall and your fist. Push your fist in toward the wall.

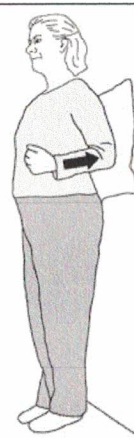
Hold for _____ seconds, relax and repeat _____ times.



Shoulder Extension

Turn so your back is towards the wall. With the pillow between the wall and your left elbow. Push your elbow back into the wall.

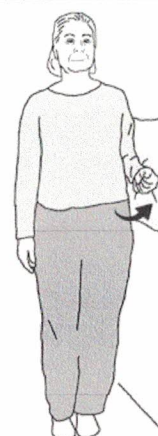
Hold for _____ seconds, relax and repeat _____ times.



Shoulder Abduction

With your left side towards the wall, place the pillow between the wall and your elbow. You can have the elbow bent or straight. Push your elbow out towards the wall.

Hold for _____ seconds, relax and repeat _____ times.



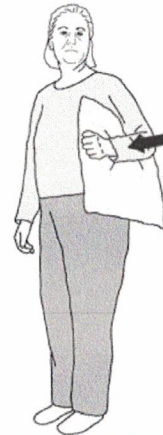
Occupational Therapy TOOLKIT

Shoulder Isometric Exercises Left - Standing

Shoulder Adduction

With the pillow under your left arm, use your elbow to squeeze the pillow into your body.

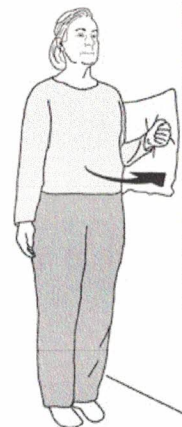
Hold for _____ seconds, relax and repeat _____ times.



Shoulder External Rotation

With your left side towards the wall, place the pillow between the wall and your elbow. Keep your arm against your side and rotate your hand out into the wall.

Hold for _____ seconds, relax and repeat _____ times.



Shoulder Internal Rotation

Stand sideways in a doorway. Place a pillow between the outer edge of the doorframe and your left palm. Keep your elbow against your side and rotate your hand in towards the doorframe.

Hold for _____ seconds, relax and repeat _____ times.

