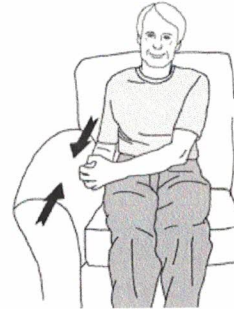


Occupational Therapy TOOLKIT

Shoulder Isometric Exercises Right - Seated

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

Complete _____ set(s) of _____.



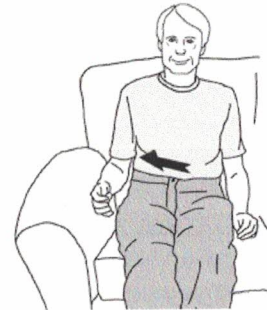
- Isometric Shoulder Extension**
Bend your elbow. Push your right upper arm and elbow into the chair back. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



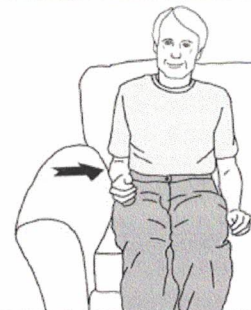
- Isometric Shoulder Abduction**
Bend your elbow. Push your right elbow into the armrest. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



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

Complete _____ set(s) of _____.

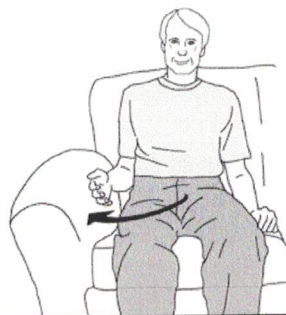


Occupational Therapy TOOLKIT

Shoulder Isometric Exercises Right - Seated

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

Complete _____ set(s) of _____.

