**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 _____.

---

2 of 3
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 ______.