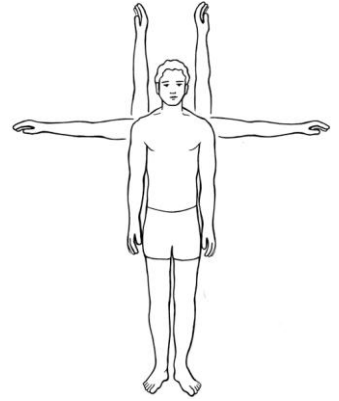


Your Shoulder Exercises

- **Stop and inform your Chiropractor if you experience discomfort, pins & needles, numbness, dizziness or nausea**
- Aim for a mild-moderate tension stretch, not pain. Don't forget to breathe.
- Repeat exercise 1 2 3 times per session, 1 2 3 5 7 times per day / week
- Common errors are highlighted in **red**.
- Ask your chiropractor to check your technique if you have any doubt or questions.

GH.ADB.ST Shoulder Abduction Standing

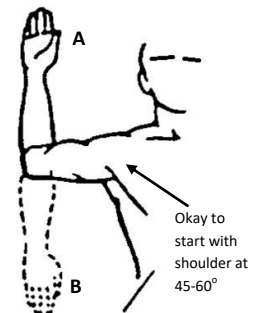
- Stand tall with arms by your sides
- **Keep shoulder blades back and down throughout the exercise- don't let your shoulder blades rise towards your ears**
- Turn both arms so palms face outwards (not shown by image)
- Slowly raise arms directly outwards and upwards until your palms meet (take 5-7 seconds)
- Where possible, move slowly and purposefully through any areas of increased tightness or resistance. If your arm cannot move past a certain point (from pain or stiffness), maintain that position for 3-5 seconds then slower lower down
- Pause at the top of your range (may not necessarily be hands touching)
- **Keeping shoulder blades held back and down**, slowly and purposefully lower arms back down to your sides
- PART 2: Turn both arms inwards so thumbs point down then repeat the above process- *your arms are unlikely to rise as far in this position*



Feel: Shoulder muscles working, some stretch/resistance in shoulder joint. Low level discomfort is okay but don't push into pain

GH.R.ST Shoulder Rotation Standing

- Stand tall with elbows bent at 90° and upper arms out from your body about 45-60°
- **Hold shoulder blades back and down throughout the exercise, don't let your shoulder blades rise towards your ears**
- Slowly rotate your arm so your hand moves upwards (see A in image)- *low level discomfort is okay but don't push into pain*
- Hold a gentle stretch at the end of your range for 3 seconds (may not necessarily be hand pointing straight up)
- Slowly rotate your arm so your hand moves downwards (see B in image) and hold at end range for 3 seconds

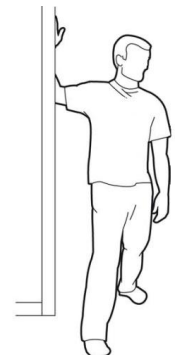


Feel: Shoulder muscles working, some stretch/resistance in shoulder joint.

GH.H-AB.ST v1 Shoulder Horizontal Abduction Standing v1

- Place elbow and hand on door frame with elbow bent at 90° and upper arm at 90° to your body
- Stand tall, elevate front of chest slightly (i.e. don't slouch) and gently turn your chest (not your head) away from your arm until you feel a stretch in your chest or shoulder
- Hold stretch 7 - 10 seconds
- Repeat other side

Feel: Stretch in chest/front of shoulder



GH.H-AB.ST v2 Shoulder Horizontal Abduction Standing v2

- Hold onto door frame with fingertips, arm 90° to the wall – *makes it easier for your fingers to hold*
- Stand tall, elevate front of chest slightly (i.e. don't slouch) and gently turn your chest (not your head) away from your arm until you feel a stretch in your chest or shoulder
- You can vary the stretch by placing your hand higher on the door frame and pulling chest down slightly when performing the above. Alternatively, place your hand lower on the door frame and pull chest up slightly when performing the above
- Hold stretch 7 - 10 seconds
- Repeat other side

Feel: Stretch in chest/front of shoulder

