



# SHOULDER ISOMETRICS EXERCISES



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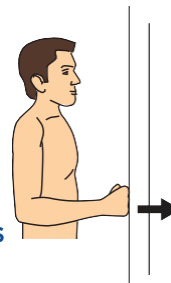


Digital Version

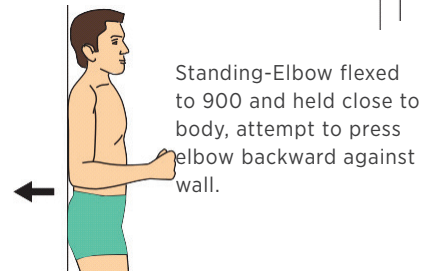


### SHOULDER FLEXORS

Standing-Elbow Straight/ flexed to 90° and held close to body and attempt to push against the wall.



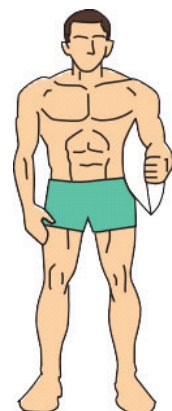
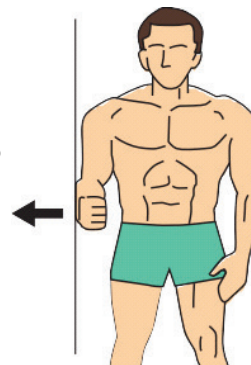
### SHOULDER EXTENSORS



Standing-Elbow flexed to 90° and held close to body, attempt to press elbow backward against wall.

### SHOULDER ABDUCTORS

Side Standing-Elbow Flexed to 90° and held close to body and attempt to push the arm against wall.

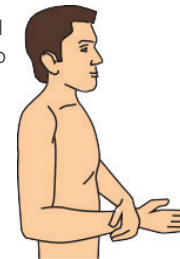


### SHOULDER ADDUCTORS

Standing/Sitting-Elbow flexed and keep one towel roll in between the arm and body, attempt to press the towel

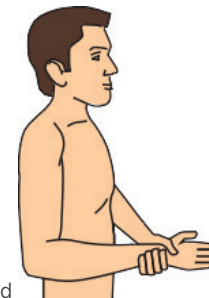
### SHOULDER EXTERNAL ROTATOR

Standing-Elbow Flexed to 90° and held close to body, give resistance with opposite hand attempt to rotate (shoulder) your hand outwards.



### SHOULDER INTERNAL ROTATORS-

Standing elbow Flexed to 90° and held close to body, give resistance with opposite hand attempt to rotate (shoulder) your hand inwards.



**Caution:** You should stop exercise immediately if pain increases/persists. Consult a physiotherapist.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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