



Dr Jonathan Herald

Shoulder, Elbow, Knee Surgeon
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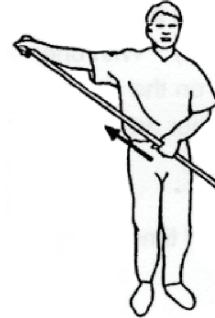
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Personal Exercise Program

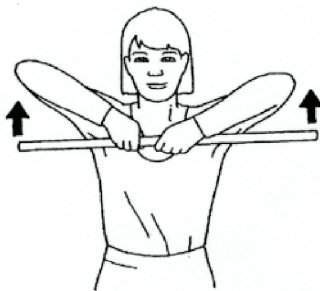
Shoulder Active Assisted Range of Motion



Stand or sit holding a pole/stick with your arms down and in front of you. Lift arms straight up and then lower the stick behind your neck. Lift arms up and then return to starting position. Repeat 10 times.



Stand and grip one end of the stick with the arm to be exercised. Lift the stick up forwards or sideways by assisting with the other arm. Repeat 10 times.



Stand with feet apart. Hold a stick with both hands close together. Lift the stick to your chin. Your elbows should point outwards and upwards while doing the exercise. Repeat 10 times.



Stand holding a stick behind your back with your elbows straight. Lift the stick upwards away from your body. Repeat 10 times.



Stand or sit. Pull a strap through a ring (pulley). With one arm pull on the strap to lift the other arm up and visa versa. Repeat 10 times.



Stand or sit. With one arm bring a string over your shoulder behind your back. Get hold of the string with the arm to be exercised. Pull upwards bringing the lower arm up as far as possible. Hold approx. 20 seconds. Repeat 10 times.



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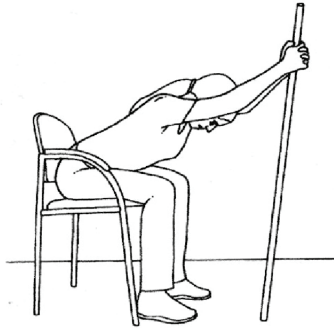
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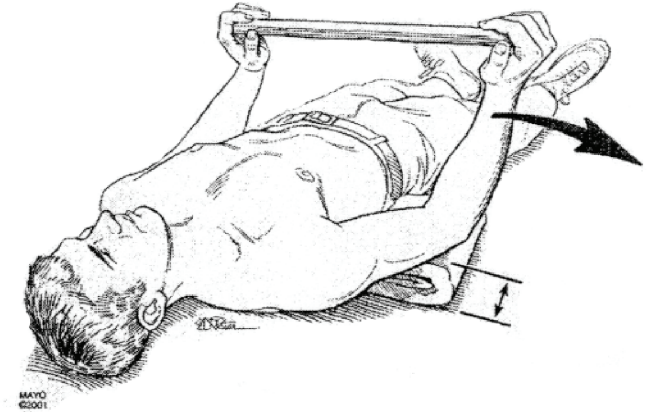
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Personal Exercise Program

Shoulder Active Assisted Range of Motion



Sit. Hold a stick upright in front of you as far away as possible from your body with the end of the stick resting on the floor. Lean forwards. Repeat 10 times.



Lying on your back with your elbows against your body and at a right angle. Hold a stick in your hands. Move the stick sideways thus pushing the arm to be exercised outwards. Repeat 10 times.