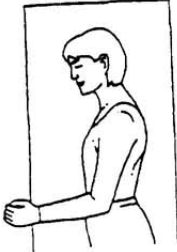


## Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 3

### Basic rotator cuff strengthening exercises



Stand in a doorway with your elbow close to your body and bent at a right angle. Place your hand against the wall.

Push your hand inwards against the wall. Hold 5 seconds. Relax.

Repeat 10 times.



Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Hold approximately 5 seconds.

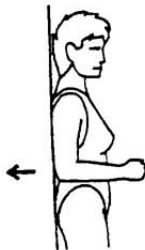
Repeat 10 times.



Stand with your hand behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up the back.

Repeat 10 times.



Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle.

Push the elbow back against the wall. Hold for 5 seconds.

Repeat 10 times.