St. George's Shoulder Unit

Physiotherapy Instruction Sheet 2

	Stand, holding a stick behind your back, with your elbows straight. Lift the stick upwards away from your body, using your unoperated arm to pull the operated arm. Repeat 10 times.
	Stand or sit. Hold the pulley handles, one in each hand. Use your unoperated arm to pull down. This will help you lift the operated arm. Repeat 10 times.
	Stand, holding a pole behind your back, with your elbows straight. Bend your elbows to raise the pole up your back. Repeat 10 times.