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Exercise Booklet

Pectoralis stretch against a doorway



Client's aim

To stretch or maintain length in the muscles across your chest.

Client's instructions

Position yourself beside a doorway with your shoulder raised and your elbow and hand resting against the door frame. Lean forwards and use the doorway to apply a stretch to the muscles across the front of your chest.

Precautions

1. Impaired or absent sensation of stretch.

Posterior deltoid stretch in sitting



Client's aim

To stretch or maintain length in the muscles behind your shoulder.

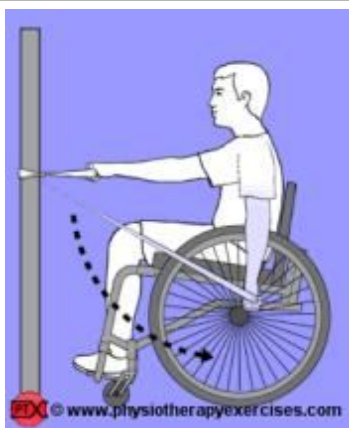
Client's instructions

Position yourself sitting in a chair. Use one hand to stretch your opposite shoulder by pulling your arm across your body.

Precautions

1. Impaired or absent sensation of stretch.

Shoulder extensor strengthening in sitting using theraband



Client's aim

To strengthen the muscles at the back of your shoulder.

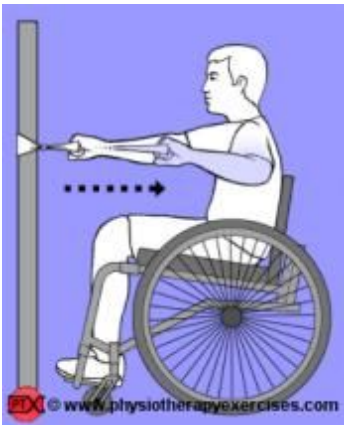
Client's instructions

Position yourself sitting facing the theraband. Adjust the theraband so that the direction of pull is downwards from the ceiling. Start with your arm out in front of you. Finish with your arm down beside your body. Ensure that you keep your elbow straight.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder extensor strengthening in sitting using theraband



Client's aim

To strengthen the muscles at the back of your shoulder.

Client's instructions

Position yourself sitting facing the theraband. Adjust the theraband so that the direction of pull is aligned with your shoulder. Start with your arm out in front of you. Finish with your elbow bent and tucked in beside your body.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder external rotator strengthening in sitting using theraband



Client's aim

To strengthen your shoulder muscles.

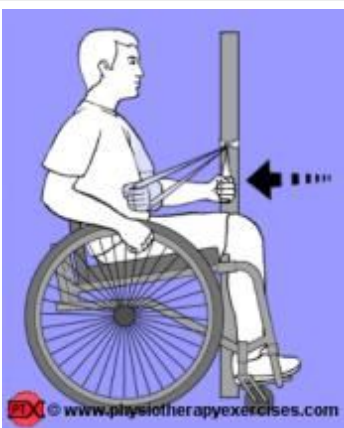
Client's instructions

Position yourself sitting side-on to the theraband. Adjust the theraband so that the direction of pull is in alignment with the height of your elbow. Start with your far hand across your body and your elbow bent. Finish with your hand out to the side. Ensure that you keep your elbow bent and tucked in beside your body.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder internal rotator strengthening in sitting using theraband



Client's aim

To strengthen your shoulder muscles.

Client's instructions

Position yourself sitting side-on to the theraband. Adjust the theraband so that the direction of pull is in alignment with the height of your elbow. Start with your near hand away from your chest and your elbow bent. Finish with your hand across your body. Ensure that you keep your elbow bent and tucked in beside your body.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder retractor strengthening in sitting










Client`s aim

To strengthen the muscles at the back of your shoulder.

Client`s instructions

Position yourself sitting up straight. Practice pulling your shoulders backwards and downwards.

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