



Early Shoulder Mobility Class

What is the class for?

These exercises are aimed at stiff and/or weak shoulders where movement is very restricted.

The aim of these exercises is to increase the range of movement in the shoulder.

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

What do I need?

These exercises can be performed in lying, sitting or standing.

You will need a stick (broomstick or umbrella), a towel and a shoulder pulley system if possible.



URL: <https://www.youtube.com/watch?v=xim2mGx2XbU>

Kind and caring } Respectful } Trust and integrity } Personal responsibility }

