



# Intermediate Shoulder Mobility Class

## What is the class for?

These exercises are aimed at patients with stiff shoulders where movement is the primary problem.

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?

The exercises are generally performed in standing, but can be completed in sitting.

You will need a shoulder pulley system if possible.



URL: [https://youtu.be/4N22mYcHo\\_g](https://youtu.be/4N22mYcHo_g)

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

