

How to perform shoulder Isometric Exercises

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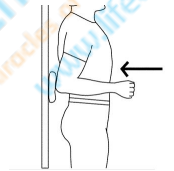
Shoulder flexion:



- Try to move/lift the shoulder in front of you as if you are pushing against the wall.
- Hold that contraction for 3 to 5 seconds in pain free range.
- Make sure not to hold your breath!!

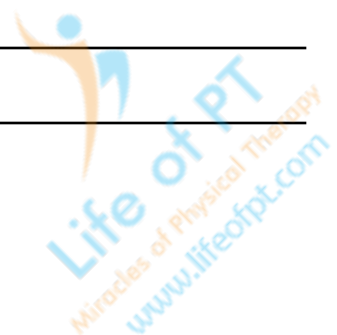
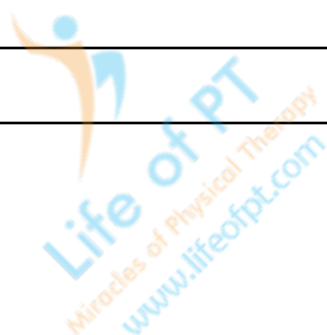
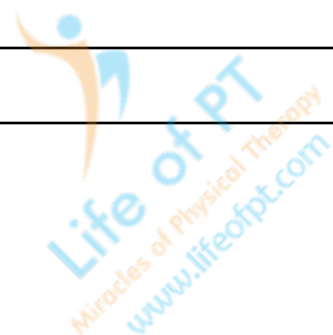


Shoulder Extension

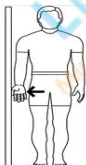


- Position yourself as shown in the figure on right.
- Try to push into the wall while trying to bring your shoulder backwards.
- Hold that contraction for around 2 to 5 seconds in pain free range.





Shoulder Abduction:



- Position yourself as shown in the figure on left.
- Try to move your shoulder/arm away from your body against the wall.
- As you initiate the movement, hold that contraction for 3 to 5 seconds.

Shoulder Adduction:



- Position yourself as shown in the figure on right.
- Place a pillow between your waist and elbow as shown in figure.
- Try to bring the arm closer to your body and hold that contraction.
- Hold the contraction for 3 to 5 seconds.

Shoulder Rotation



- Position yourself as shown in the figure on left.
- Try to bring your forearm outwards, and hold that contraction for 3 to 5 seconds without holding your breath.
