Instructions for how often the exercises should be performed and how many repetitions

Week 1 and 2: Exercise 1 and 2: Three times a day with 3 repetitions each.

Week 3 to 8: All exercises (1, 2, 3, 4): Once every day with 3 repetitions each.

 **See video of the program at:** http://youtu.be/6nRYdqYniUI

 **Diary**

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**SHOULDER EXERCISES**

Home-based exercises for the shoulder

KALK study 2015

Sandvika · Oslo · Stavern · Stord · Bergen · Linköping

**Exercise 1**

**Starting position:** Stand straight in front of a mirror. Arms hanging down by your side

**Exercise:** First shrug your shoulders (A), then squeeze your shoulder blades back and together (B), then pull them downwards as if putting them in your back pocket (C). Relax.

**Important:** Keep your arms relaxed during this exercise.

**Exercise 2**

**Starting position:** Stand straight in front of a mirror. Arms hanging down by your side (A). Squeeze your shoulder blades gently together and downwards (B).  **Exercise:** Move both arms slightly backwards (C). Maintaining this position rotate your arms slowly inwards and outwards, 3 times (D). Relax.

**Important:** Maintain shoulder blades in correct position throughout the exercise.

**Exercise 3**

**Starting position:** Lie on your back with knees bent, hold a light weight in your hand (A). Raise your arm towards the ceiling being careful not to lift your shoulder blade from the bed/floor.

**Exercise:** Move your arm round in small circles, 3 times in both directions (B).

**Important:** Shoulder blade should remain in contact with the bed/floor during the entire exercise.

**Exercise 4**



**Starting position:** Lie on your back with knees bent and hold an elastic rope between your hands. Point thumbs up and arms are straight (A).

**Exercise:** Increase the tension in the rope by pulling arms slightly apart, then slowly raise your arms up as far as you can and lower them down again, 3 times (B, C).

**Important:** Maintain contact between shoulder blades and bed/floor during the exercise. Stop the exercise if you feel any pain.