

SHOULDER - ACUTE

Pendulum Exercise



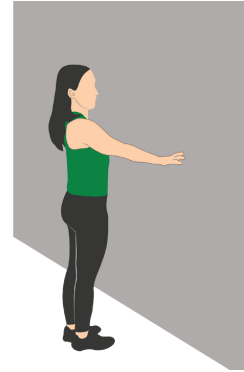
15 circles each direction per side

Isometric Contractions



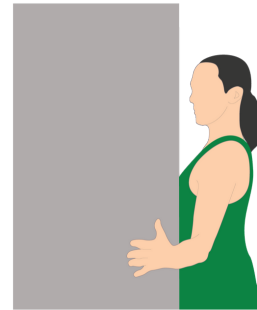
2 sets of 10 repetitions each movement

Wall Crawls



Hold for 15 secs, try to reach higher 3 times

Pectoralis Stretch



Hold each side for up to 1 minute

Biceps Stretch



Hold for 15 seconds, Repeat 3x

Broomstick Flexion



Repeat 10 times

Visit the link below for video demonstration of exercises:

WWW.CORECHIROPRACTIC.NET/SHOULDER1

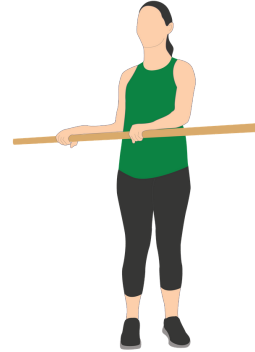
SHOULDER - ACUTE

Broomstick Extension



Repeat 10 times

Broomstick External Rotation



Repeat 10 times

Broomstick Internal Rotation



Repeat 10 times

Broomstick Abduction/Adduction



Repeat 10 times

Visit the link below for video demonstration of exercises:

WWW.CORECHIROPRACTIC.NET/SHOULDER1