Shoulder Rehab

Isometric strengthening exercises.

Patient Handouts

HSC Northern Health and Social Care Trust

Physiotherapy Service

Isometric strengthening exercises

Isometric exercises have been shown to have positive benefits for maintaining and improving strength, whilst also providing some pain relief in certain conditions.

During the following exercises:

- Set your posture by gently elevating your chest and drawing your shoulder blades back and down towards your bum.
- Position yourself as the images show below and gently push against the resistance in a relatively pain free manner.
- Hold this steady muscle contraction, without moving your joint, for approx. 30-40 secs. Take a short rest to recover and complete 5 repetitions (or as prescribed by your physiotherapist)

Complete _____ reps x _____ sets of each exercise

Forward flexion

Shoulder abduction

Shoulder extension

Shoulder adduction

Shoulder external rotation

Shoulder internal rotation

Useful resources:

SCAN ME

[Physiotherapy Service (MSK Outpatient Service) | Northern Health and Social Care Trust (hscni.net)]

The information in this booklet is for guidance only and is in no way intended to replace professional clinical advice from a registered Physiotherapist. *Updated April 2023*