



Lynwood Village Therapy Centre

A simple exercise programme to help your shoulders.

By Rosaria Toohey, Lead Physiotherapist at Lynwood Village

Watch the video first at www.lynwoodvillage.co.uk/videos/

Please watch the video first to see how to do these exercises safely.

Remember that shoulders don't like pain. Try and work out what you are doing that is hurting your shoulder and stop doing that. It might be carrying a bag in a certain way, or how you put your jacket on, or how you put your seat belt on. These exercises will help keep your shoulders in good shape. If you are experiencing pain in your shoulders consult your doctor or see a physiotherapist.

Shoulder Exercises

- Backward shoulder circling, together or one at a time
- Open shutters / close shutters
- Penguin arms with straight elbows
- Straight arms with small backward shoulders
- Hands to shoulders and then extend arms behind
- Hands to shoulders and circle shoulders backwards
- Roly Poly arms, small fast circles and slow bigger circles
- Catch and throw action