

THE SHOULDER JOINT

Objectives : To mobilise the shoulder (front raising, bending backwards raising sideways, rotating it inwards and outwards). To extend the muscles which form the front and rear walls of the armpits. To relax and strengthen the shoulder girdle as also the arm muscles.

How to do it : To carry out the exercises with both the arms simultaneously with the exception of those which are to be carried out with them being laid on the sides.

Exercises A : Stading



Exercises 1

Starting Position : Standing firmly, with trunk bent forwards, and both arms hanging loose.

Method : Swing the arms forwards and backwards vigorously several times.



Exercises 2

Starting Position : Standing firmly, trunk bent forwards, with both arms hanging loose.

Method : Swing the arms sideways, crossing them when they meet in front of the body.



Exercises 3

Starting Position : Standing firmly, trunk bent forwards, both arms hanging loose.

Method : Move the arms in a circular movement on the sides.

Exercises B : Lying on the back



Exercises 1

Starting Position : Lying on the back, arms extended over body, holding a stick at both ends, along the width of the shoulders.

Method :

- i) Move forearms at right angles to the arms keeping elbows on the floor.
- ii) Still holding the stick, raise arms vertically upwards.
- iii) Bring stick down towards chest and revert to original position.



Exercises 2

Starting Position : Lying on the back, arms extended over body, holding a stick at both ends, along the width of the shoulders.

Method :

- i) Holding the stick, raise the arms till they touch the floor beyond the head, stretching the body.
- ii) Return to the original position by moving the arms in the inverse direction.

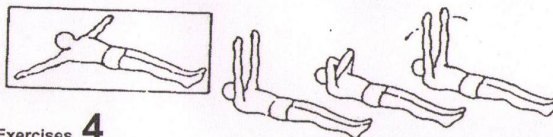


Exercises 3

Starting Position : Lying on the back, arms extended over body, holding a stick at both ends, along the width of the shoulders.

Method :

- i) Stretch the body by raising the arms with the stick, till the hands touch the floor beyond the head.
- ii) Move the stick down to touch the head.
- iii) Revert to the starting position, moving arms in the inverse direction.

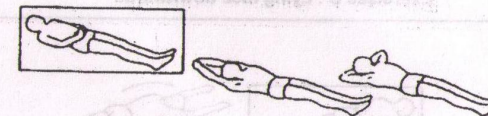


Exercises 4

Starting Position : Lying on the back with arms extended sideways at shoulder level.

Method :

- i) Raise arms up vertically, then slowly cross them so that the right hand touches left shoulder and left hand touches right shoulder.
- ii) Bring arms back to a vertical position and revert to starting position.



Exercises 5

Starting Position : Lying on the back with hands joined over stomach.

Method :

- i) Raise the arms extending them beyond the head, stretching the body, without unlocking the hands.
- ii) Move the joined hands under the nape of the neck, and revert to starting position, moving hands in an inverse direction.

Exercises C : Lying on side

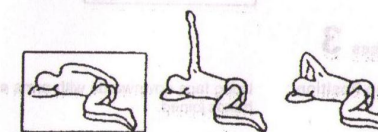


Exercises 1

Starting Position : Lying down on the healthy side.

Method :

- i) Raise the upper arm, moving it sideways in a semi-circular direction, while resting your head on the other arm, touching your ear. Revert to starting position.



Exercises 2

Starting Position : Lying down on the healthy side.

Method :

- i) Resting your head on one arm, raise the other arm sideways vertically, then bring it to touch the nape of the neck.
- ii) Stretch it out vertically again and revert to starting position.



Exercises 3

Starting Position : Lying down on the healthy side.

Method :

- i) Move the forearm across the shoulder at the back at girdle level.

Exercises D : Lying face downwards



Exercises 1

Starting Position : Lying face downwards, arms resting alongside the body.

Method : Raise arms sideways and upwards.



Exercises 2

Starting Position : Lying face downwards, hands stretched and joined at the back.

Method : Raise the extended hands and bring them back to the starting position.

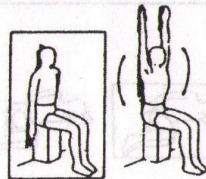


Exercises 3

Starting Position : Lying face downwards with arms extended at the back, hands joined.

Method : Move the joined hands as close as possible to the head, and slide them along the length of the back.

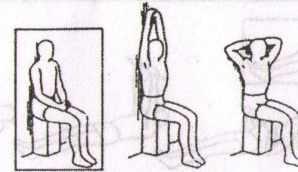
Exercises E : Seated upon a stool



Exercises 1

Starting Position : Sitting upon a stool, with the back resting against a wall.

Method : Keeping them in continuous contact with the wall, raise the arms sideways, then upwards in a circular motion.

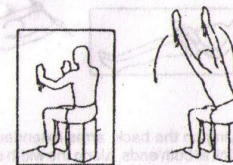


Exercises 2

Starting Position : Sitting on a stool with the back resting against a wall, and hands joined on the lap.

Method :

- i) Raise arms above the head, then lower the joined hands slowly to touch the nape of the neck.
- ii) Raise the arms again and revert to the starting position.



Exercises 3

Starting Position : Sitting on a stool, facing a wall, feet touching wall, rest the hands on the wall at shoulder level.

Method :

- i) Raise the hands gradually along the wall to their full height, simultaneously pushing the chest closer to the wall.
- ii) Bring the arms down slowly and revert to the starting position.

Observation : Exercises E 1, 2 & 3 are mainly meant for people who cannot lie down on the floor at the end of the session, repeat exercises A 1, 2 & 3.