

Shoulder stability exercises

Shoulder instability



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Shoulder blade squeeze



Squeeze the shoulder blades together and down.

10 times**3 times a day****✓ Should feel**

Between the shoulder blades

X Should not feel

Shrugging

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Monday to Saturday · Sunday by prior appointment only

2

Isometric external rotation



Press the back of the hand into a wall, elbow tucked.

Hold 10 seconds

10 times

✓ Should feel

The cuff working

✗ Should not feel

Pain or a feeling of slipping



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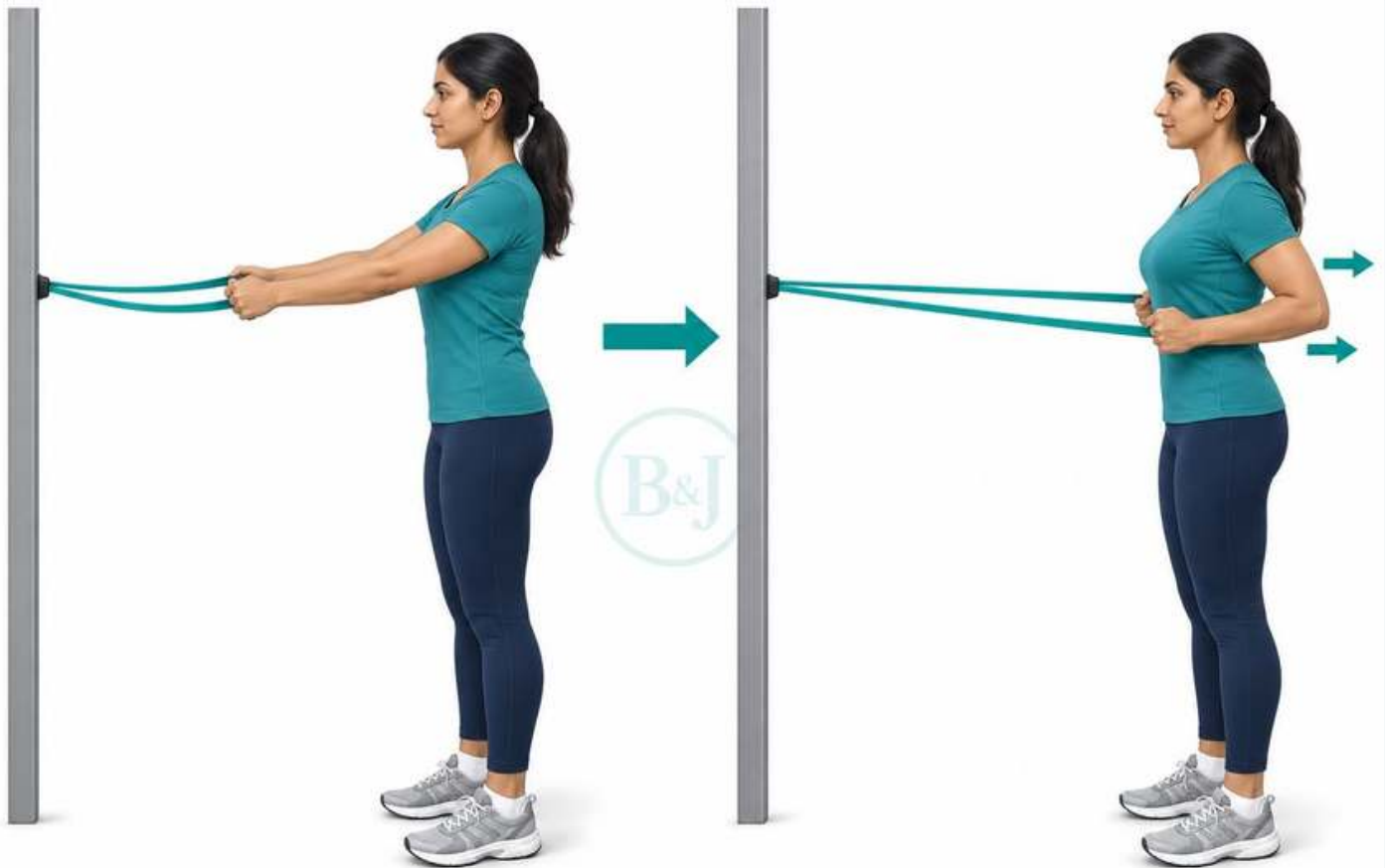
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Band row

Pull a band back, squeezing the blades together.

12 times**Daily****✓ Should feel**

Control through the movement

✗ Should not feel

Shrugging

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Controlled forward reach on a table.

10 times

Daily

✓ **Should feel**
Smooth control

✗ **Should not feel**
Any sense the shoulder may slip

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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