KUCHING SPECIALIST HOSPITAL Lot 10420, Block 11, Tabuan Stutong Commercial Center, Jalan Setia Raja 93350 Kuching, Sarawak. Tel: 082-365777, Fax: 364666

Provided for :

Provided by : Bula Adhya

Date : .

"AVOID MOVING YOUR SHOULDER ACTIVELY!!!"

Remember to take your sling off every couple of hours for your Finger, wrist and cloow exercises

Stand.

Repeat

Bend your elbow and then straighten your elbow.

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Stand leaning on a table with one hand.

times.

Let your other arm hang relaxed straight down. Swing your arm forwards and backwards.

Repeat times.

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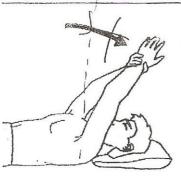


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm to your left and then to your right.

Repeat times.

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Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible. The Notice Contract 90° .

Repeat times.

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PhysioTools compatible



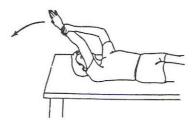
PASSIVE ASSISTED SHOULDER EXERCISES

PENDULAR EXERCISES



FORWARD FLEXION

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EXTERNAL ROTATION.



INTERNAL ROTATION

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