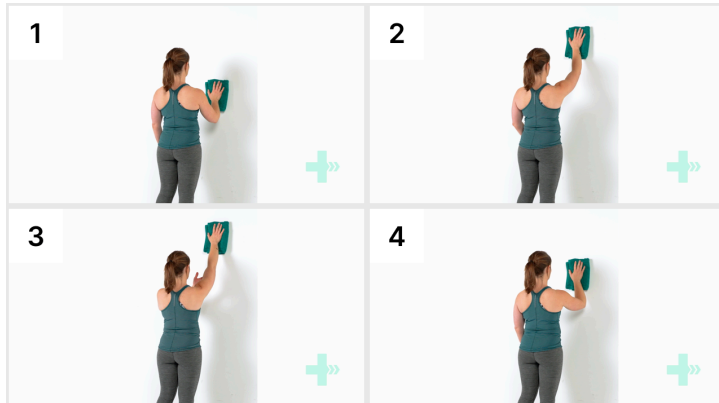


Exercises following injection.
Start these 1 week after steroid
injection.

1. Sliding arm up wall

Reps: 5



Stand facing a wall with your arm by your side, and with your elbow bent.

Place a small towel/ dust cloth between the wall and your hand.

Slightly press your hand against the wall.

Slide the towel directly up the wall.

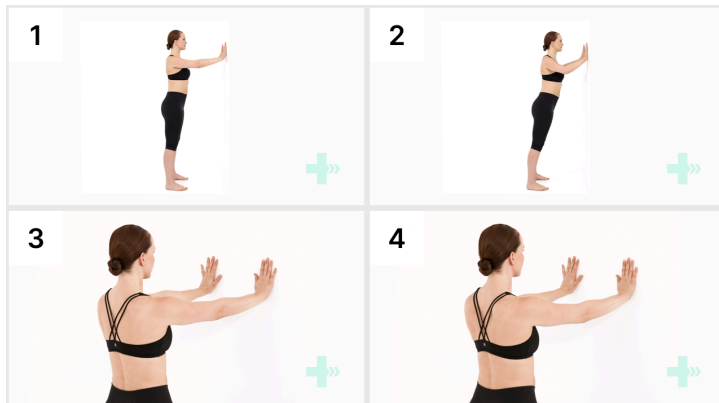
Assist with your other hand if needed.

Control the movement as you lower your arm back to the starting position, still slightly pressing the hand against the wall.

Slide as high as is reasonably comfortable. Aim for 5 repetitions, and slowly build from there as comfortable.

2. Press up against wall

Reps: 5



Stand up straight facing a wall.

Place your hands onto the wall around chest height but slightly wider.

Your fingers should point directly up to the ceiling.

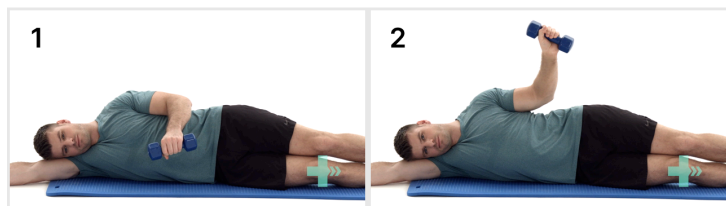
Do a slow controlled press up against the wall.

If there is discomfort, bring your feet closer to the wall to make it easier.

Start with 5 repetitions and build up slowly over time, as comfortable.

3. Shoulder rotation, while lying down, with weight.

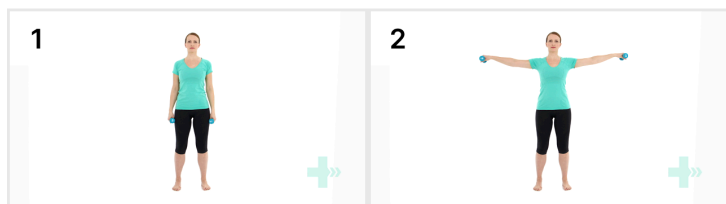
Reps: 5



Lie on your good side with a weight/ tin of beans/ light bottle of water in your affected hand. Keep the upper arm resting on your side and bend the elbow to a right angle. Keeping the upper arm in contact with the body, rotate your forearm upwards. Make sure you do not roll back with your body. Control the movement back to the start position, and repeat. Ensure you keep your shoulder blades back and down throughout. Start with 5 repetitions, and build up as comfortable. If there is significant pain, reduce the weight and do not rotate as far.

4. Lifting arm out to side with light weight

Reps: 5



With light weight in hand- tin of beans/ partial filled bottle of water, lift arm out to side AS FAR AS IS COMFORTABLE.

Repeat 5 times, and gradually increase the weight and repetitions, AS COMFORTABLE.