Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

UQTR Université du Québec à Trois-Rivières

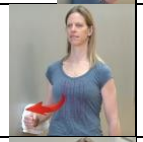
OntarioTech UNIVERSITY

Centre for Disability Prevention and Rehabilitation

Exercises for Shoulder Pain

Group 3: Isometric Exercises

All of these exercises can be found in one Youtube video: **https://youtu.be/gRkooK0KGSc**

✓	Exercises	Instructions	Tips/Notes
	Internal Rotation^ 	Place your opposite hand against the inside of the affected hand. Push with the palm of the affected hand as if you want to move it towards your belly. Hold for 5-10 seconds.	
	External Rotation^ 	Place your opposite hand on the outside of the affected hand. Push with your affected hand as if you want to rotate your lower arm outwards. Hold for 5-10 seconds.	
	Flexion^ 	Stand facing a wall. Place a towel between your fist and the wall. Push your fist into the wall while keeping your body and head steady. Hold for 5-10 seconds.	
	Extension^ 	Stand close to a wall with your back against it. Place a towel between the back of your elbow and the wall. Without moving your body, push your elbow back into the wall. Hold for 5-10 seconds.	
	Abduction^ 	Stand beside a wall, place a towel between the outside of your elbow and the wall. Push your elbow against the wall while keeping your body and head still. Hold for 5-10 seconds.	
	Adduction^ 	Stand and place a towel between your arm and body. Push your arm against the side of your body while breathing normally. Hold for 5-10 seconds.	
	Subscapularis^ 	Stand with your back against a wall and place the back of your hand on your buttock. Lift your arm slightly away from your buttock by pushing against the wall without letting your shoulder or your trunk move forward. Hold for 5-10 seconds.	

All content and media on the Canadian Chiropractic Guideline Initiative (CCGI) website is created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of a qualified health professional with questions, concerns or management regarding your health.

https://www.canadianchiropracticguidelines.ca/

^These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on expert consensus