








## 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
	<b>Internal Rotation<sup>^</sup></b> 	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.	
	<b>External Rotation<sup>^</sup></b> 	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.	
	<b>Flexion<sup>^</sup></b> 	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.	
	<b>Extension<sup>^</sup></b> 	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.	
	<b>Abduction<sup>^</sup></b> 	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.	
	<b>Adduction<sup>^</sup></b> 	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.	
	<b>Subscapularis<sup>^</sup></b> 	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.	

<sup>^</sup>These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on expert consensus  
Find out more at <https://www.cdpr-research.org/exercise-videos>