



ISOMETRIC SHOULDER FLEXION

Facing the wall with your elbow bent to 90° and fist in contact with the wall, press your arm into the wall. Ensure no movement occurs. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: Daily



ISOMETRIC SHOULDER EXTENSION

Standing with your back against a wall and forearm in contact, press your arm back into the wall. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: Daily



ISOMETRIC INTERNAL ROTATION

With your arm against your side, elbow bent to 90° and wrist fixed with your opposite hand, rotate your arm into your other hand. Ensure no movement occurs. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: Daily



ISOMETRIC EXTERNAL ROTATION

With your arm against your side and elbow bent to 90°, rotate your arm out against your other hand which is fixed at your wrist. Ensure no movement occurs. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: Daily



ISOMETRIC SHOULDER ABDUCTION

Standing with a straight arm and your wrist against a wall, push your arm out against the wall. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: Daily