

# Isometric Shoulder Exercises

Do the exercises \_\_\_\_\_ times a day.

Repeat each exercise \_\_\_\_\_ times.

Hold each position for \_\_\_\_\_ seconds.

**All of the following exercises are to be done from a standing position:**

- Option 1:** Make a fist with your \_\_\_\_\_ hand.

Press your fist forward into the palm of your other hand.

Resist the motion with the palm of the other hand. Hold, then relax and repeat.

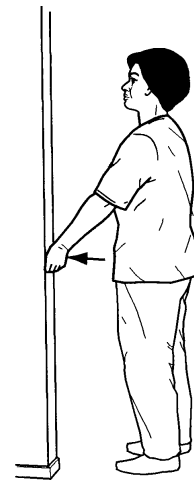


- Option 2:** Make a fist with your \_\_\_\_\_ hand.

Put your fist against a wall in front of you.

Try to raise your fist up, against the wall. Feel the wall resist your motion.

Hold, then relax and repeat.



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- Have your \_\_\_\_\_ arm bent at the elbow and across the front of your body.

Place the other hand around the elbow.

While using the hand to resist the motion, push the elbow out to the side.

Hold then relax and repeat.



- Keep your elbows in at your sides. Make a fist with your \_\_\_\_\_ hand and wrap the palm of your other hand under it.

While using the palm to resist the motion, push the fist out. Keep your elbows at your side.

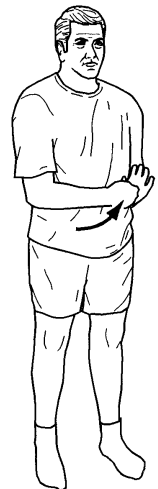
Hold. Relax and repeat.



- Keeping your elbows at your sides, put the fist of your \_\_\_\_\_ arm against the palm of your other hand.

Resist with your palm while you push your fist in toward your body.

Hold. Relax and repeat.

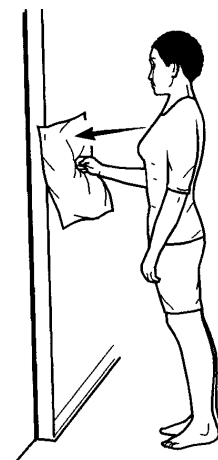


**Most of these exercises will be done against a wall or doorway. A pillow is used to provide some cushioning, but these exercises could also be done without the pillow.**

- Stand facing the wall. Make a fist with your \_\_\_\_\_ hand and place a pillow between the wall and your fist.

Push your fist in toward the wall.

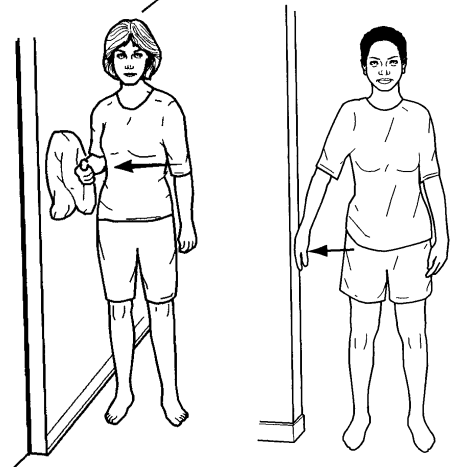
Hold and then relax and repeat.



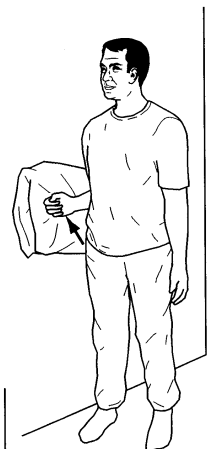
- ❑ Turn so your back is towards the wall. With the pillow between the wall and the elbow of your \_\_\_\_\_ arm, push your elbow back into the wall. Feel the resistance from the wall.  
Hold. Relax and then repeat.



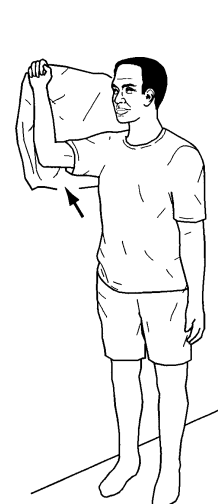
- ❑ With your \_\_\_\_\_ side towards the wall, place the pillow between the wall and your elbow. You can have the elbow bent or straight.  
Stand with your feet about shoulder width apart for balance.  
Push your elbow out towards the wall.  
Hold and then relax. Repeat.



- ❑ With your \_\_\_\_\_ side towards the wall, place the pillow between the wall and your elbow.  
Stand with your feet about shoulder width apart for balance.  
Keeping your arm against your side, push your hand out into the wall.  
Hold and then relax and repeat.



- ❑ Stand with feet shoulder width apart and \_\_\_\_\_ side towards the wall.  
Bring your \_\_\_\_\_ arm up so your upper arm is parallel to the floor and bend your elbow 90 degrees.  
With the pillow between the wall and your elbow, push your elbow out towards the wall. Feel the wall resist your motion.  
Hold and then relax and repeat.

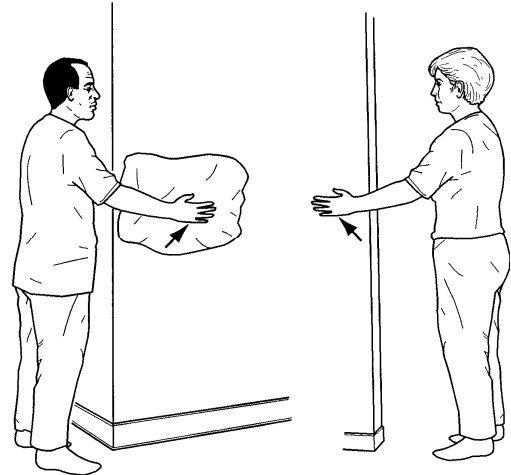


- ❑ Stand at a corner of the wall or in a doorway so the inside of your \_\_\_\_\_ arm is to the outside of the corner.

If you use a pillow, place it between the wall and the palm of your \_\_\_\_\_ arm.

Push your hand into the wall. Keep your elbow in at your side.

Hold and then relax and repeat.

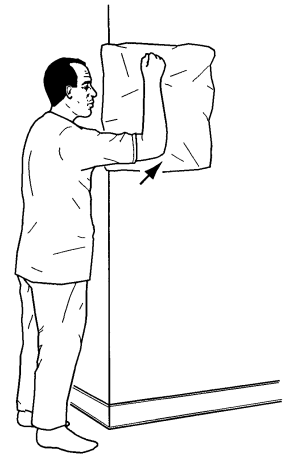


- ❑ Stand at a corner of the wall or in a doorway so the inside of your \_\_\_\_\_ arm is to the outside of the corner.

With your \_\_\_\_\_ arm raised up to shoulder height, bend your elbow so your lower arm is parallel to the wall. Have the pillow between your lower arm and the wall.

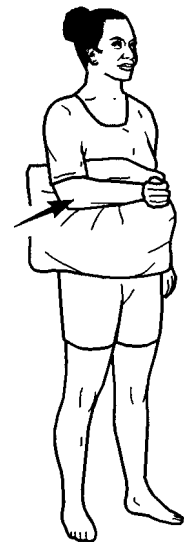
Press in against the pillow with your elbow. Feel the wall resist your motion.

Hold and then relax and repeat.



- ❑ With the pillow under your \_\_\_\_\_ arm, use your elbow to squeeze the pillow into your body.

Hold and then relax and repeat.



✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**