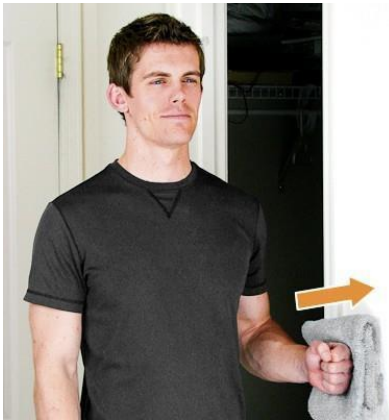




# COMPREHENSIVE SPINE CENTER OF DALLAS

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## **SHOULDER ISOMETRIC EXERCISES**



### **SHOULDER - ISOMETRIC EXTERNAL ROTATION**

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times  
Complete 2 Sets

Hold 12 Seconds  
Perform 2 Times a Day



### **SHOULDER - ISOMETRIC FLEXION**

Gently push your fist forward into a wall with your elbow bent.

Repeat 10 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day



### SHOULDER - ISOMETRIC INTERNAL ROTATION

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day



### SHOULDER - ISOMETRIC ABDUCTION

Gently push your elbow out to the side into a wall with your elbow bent.

Repeat 10 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day



### SHOULDER - ISOMETRIC EXTENSION

Gently push your a bent elbow back into a wall.

Repeat 10 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day

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### SHOULDER - ISOMETRIC ADDUCTION

Gently push your elbow into the side of your body.

Repeat 10 Times

Complete 2 Sets

Hold 10 Seconds

Perform 2 Times a Day