

Shoulder Exercises



Pectorals - Corner / Doorway

Facing corner or standing through a doorway. Place forearms on each wall at shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.



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'Apleys' Shoulder Position

Holding a broomstick or towel, place one hand up behind head and opposite arm behind back. Walk hands together as far as comfortable and hold.



Rotator Cuff Self Traction

Keeping shoulders square, reach one arm in front and across body and grasp wrist with opposite hand. Gently pull forward on wrist and take a deep breath in to feel a stretch in the back of the shoulder joint.



Wall Walk - In Front

Stand facing a wall arms length away. Walk fingers up wall as far as comfortable, but avoid shrugging shoulders. Step back away from wall and slowly lower arm down to body. Repeat.



Scalenes Depressing Clavicle

Sitting tall, place one hand on opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch.

These exercises are best performed 3-6 times per day. Repeat between 5-10 times.

The more you do it the quicker your body will adapt to it.

You should feel tension but NO PAIN.

WARNING: DO NOT CONTINUE THIS EXERCISE IF THERE IS PAIN AND CONSULT THE CLINIC

TMJ (Jaw) Exercises



Jaw Jut

Sitting up tall, jut jaw forward (protract) as far as comfortable.



Yawn

Open mouth keeping tongue touching roof of mouth (yawn). Perform in front of a mirror to observe motion.



TMJ Open Mouth Wide 3 Fingers

Open mouth as wide as possible, pain-free.



Jaw Side Shift with Resistance

Shift jaw to one side resisting gently with hand. Hold, relax and repeat.



Jaw Side Shift NO Resistance

Shift jaw slowly from side to side as far as comfortable

This exercise is best done 3-6 times per day. Repeat between 5-10 times

The more you do it the quicker your body will adapt to it.

You should feel tension but NO PAIN.

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