Adolescent Shoulder and Elbow exercises

The exercises below should be completed in lying or standing with your back supported against a wall. Ensure that you keep good posture when doing the exercises so that the right joints are being stretched.

Unless advised otherwise by your therapist:
- Complete 5 - 10 repetitions of each exercise.
- Try to hold each stretch for up to 30 seconds.
- You should aim to complete the exercises 2-3 times a day.

These exercises may cause a little discomfort. If you/ your child experiences significant discomfort during the exercises or you have any concerns please discuss with your child's therapist (Tel: 0208 909 5519/5820).

1. **Shoulder Flexion**
   Use your opposite arm to slide your hand up the wall/bannister.

2. **Shoulder Abduction in External Rotation**
   Use a stick, racket or pulley to assist you to lift your arm up away from your body.

3. **External Rotation in Neutral**
   Keep your elbow close to your waist. Use a stick or tennis racket to turn your arm out to the side.

4. **Posterior Scapulo-humeral Angle**
   Reach your arm across the top of your opposite shoulder. Use your hand to press on your elbow to add more of a stretch.

5. **Elbow Extension and Supination**
   Hold the top of a tennis racket/stick so that your palm faces upwards. Use the tennis racket to help to straighten your elbow.

6. **Elbow Flexion and Supination**
   Use your opposite hand to hold your wrist and turn your forearm so that the palm of your hand faces your head. Bend the elbow as far as you can (try to touch your chin).