

Adolescent shoulder and elbow exercises

The exercises below should be completed with the child in lying. Ensure the shoulder/elbow/forearm is positioned and supported adequately as shown by your therapist. These exercises are designed to mobilise and stretch the affected areas.

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

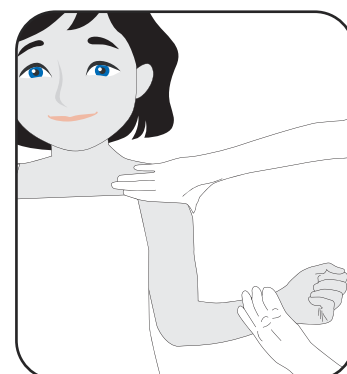
1 Inferior Scapulo-humeral angle

- With one hand, fix the shoulder blade firmly against the chest wall.
- With your other hand lift the arm out to the side and stretch up towards head.
- Keep shoulder blade fixed to stretch through arm pit.



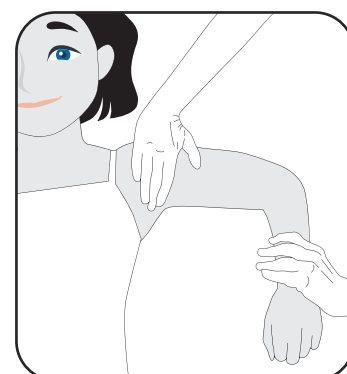
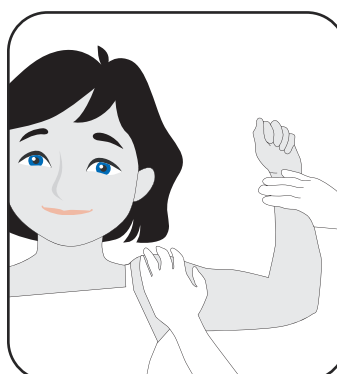
2 External Rotation in Neutral

- With one hand, support the front of the shoulder and keep the arm by the side of the body.
- With your other hand hold and support around the wrist and roll the forearm outwards.
- Keep the elbow by their side.



3 External and Internal Rotation in Abduction

- With one hand, stabilise the front of the shoulder and lift the arm up and out to 90 degrees (a right angle) from the body.
- With the other hand, hold the wrist and rotate the forearm backwards towards the bed and then forwards towards the bed.
- Hold at the end of each movement.



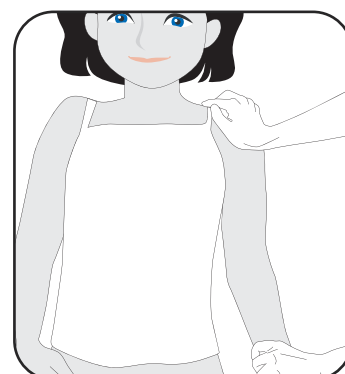
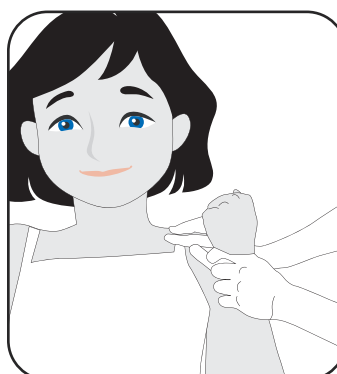
4 Posterior Scapulo-humeral Angle

- With one hand, hold the shoulder blade firmly against the chest wall.
- With the other hand, stretch the arm across towards the opposite shoulder.
- Keep shoulder blade fixed to the side and the elbow at shoulder level.



5 Elbow Flexion and Extension

- With one hand, stabilise the front of the shoulder.
- With the other hand, hold the wrist and bend and straighten the elbow.
- Hold at the end of each movement.



6 Forearm Pronation and Supination

- With one hand, support the front of the shoulder and hold the elbow into the side.
- With the other hand, hold the wrist and turn the forearm so that the palm of the hand faces the feet and then the head.
- Hold at the end of each movement.

