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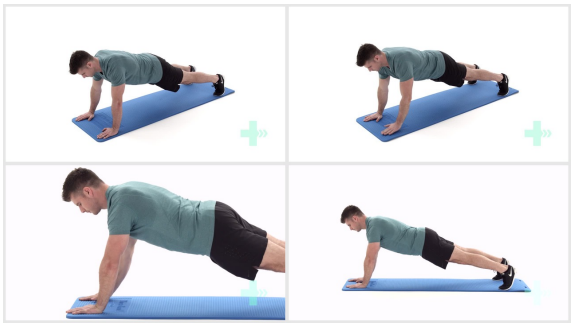
Shoulders Workplace Workout 2.0

ACT

3 Sets / 10 Reps / 5 s hold



1. Plank to push-up position

Start in a press up position with a straight line from your head to your feet.
Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands.
Do not allow your back to sag at any point.

3 Sets / 10 Reps / 5 s hold

2. Isometric shoulder external rotation

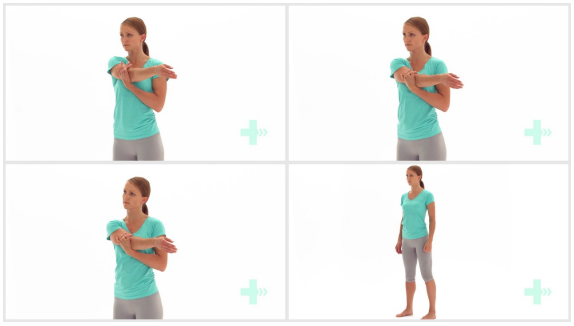
Sit or stand up straight next to a wall.
Keep your affected arm by your side and bend your elbow to 90 degrees.
Place the back of your wrist against the wall.
Without moving your body, press your wrist into the wall as if turning your forearm outwards.
Hold this position and then relax.

1 Set / 8 Reps / 15 s hold

3. Pec stretch - mid fibres with pec minor

Stand with your affected side closest to the wall and place your forearm down a door frame around shoulder height.
Keeping your forearm on the wall, take one step forward on the leg closest to the wall and slowly rotate your chest away until you feel a stretch across your chest.
Be careful not to allow the shoulder to hunch.
Hold this position.

1 Set / 8 Reps / 15 s hold



4. Posterior deltoid stretch

Bring your symptomatic arm across the front of your chest.
Place your other hand above the elbow and apply a gentle pressure, pulling your arm towards your chest.
Hold this position whilst you feel the stretch across the top and back of the shoulder.