

# SUSSEX SHOULDER

## active exercises

### Active External Rotation - Repeat 15 times



Stand upright with your elbows bent and beside your waist. Move your forearms outwards as far as they will go, keeping your forearms level.

### Active Elevation - Repeat 15 times



Stand upright with your arms by your sides. Gradually lift your arms up to the side and slightly forwards as far as they will comfortably go. You may bend your elbows a little if it helps.

### Active Internal Rotation - Repeat 15 times



Stand with your arms by your side. Gently reach up behind your back as far as your hand will comfortably go. It is important not to force your hand up.

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These notes are intended as a guide and some of the details may vary depending on your individual circumstance and at the discretion of your surgeon.  
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