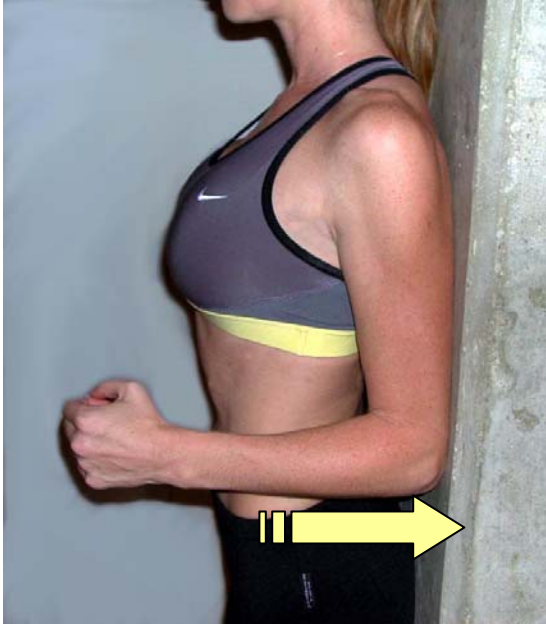
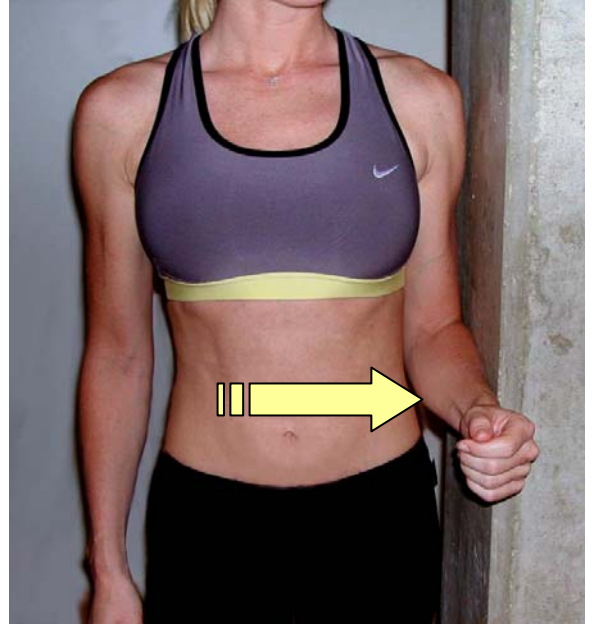


ISOMETRIC exercises

These exercises should be done at least **3** times a day. Warm up first with a hot shower heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.



POSTERIOR DELTOID: standing, elbow flexed 90° and hold close to body, back against wall. Push elbow backward against wall. Hold for 5-10 seconds. Relax, repeat 10 times.



MIDDLE DELTOID: standing, elbow flexed 90° and hold close to body, arm against wall. Push elbow out to the side against wall. Hold for 5-10 seconds. Relax, repeat 10 times.

ANTERIOR DELTOID: standing, elbow flexed 90° and hold close to body, facing wall. Push fist forward against wall. Hold for 5-10 seconds. Relax, repeat 10 times.

