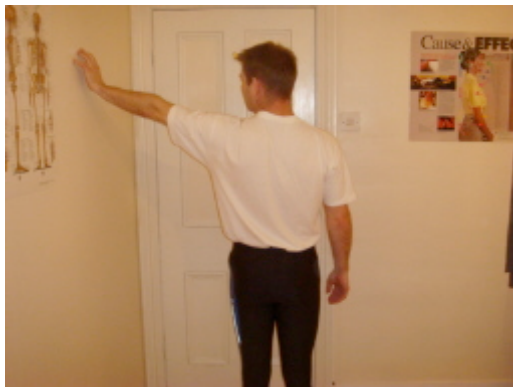


HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

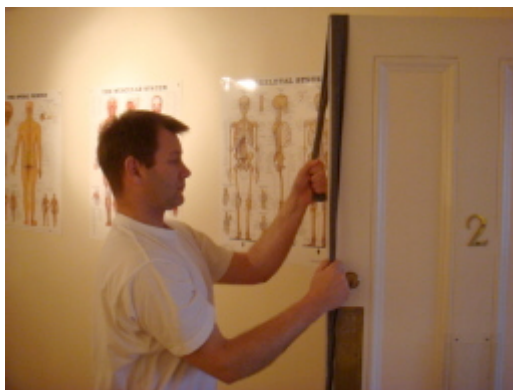
SHOULDER REHABILITATION



Start by facing the wall and raising the affected arm as high onto the wall as you can manage. Then “walk” the fingers up the wall as far as you can manage. Rest and repeat 3 times.



Same as before, but now standing side on to the wall, and “walk” up sideways. Rest and repeat as before. Be aware that as the arm goes higher you will have to move closer to the wall.



Using an old tie or equivalent, rig a “pulley” system over a door. Holding onto the ends of the tie, use the good arm to pull the affected side so that it is raised as far as you can manage. Rest and repeat.