

Coker Rehab Services

Isometric Exercises

For each exercise, perform the movement, hold for six (6) seconds, and then, relax. Perform each exercise five (5) times.

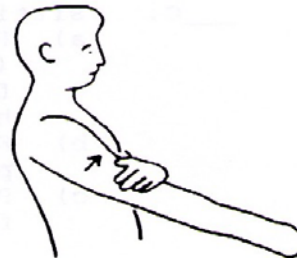
Do exercises _____ times per day/week.

Perform with right/left/both arms.

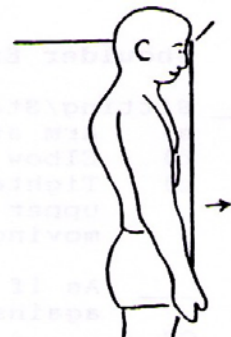
****Note:** If you have Rheumatoid Arthritis - try to keep your hands in as relaxed position as possible when performing these exercises. And, avoid applying pressure to fingers, hands, and wrists.

1. Shoulder Flexion

- _____ **A.** Sitting/Standing/Lying
 - a) Arms at side or slightly forward
 - b) Elbow straight, palm facing hip
 - c) Tighten muscles in front of shoulder without actually moving the arm.
- _____ As if moving arm forward against an imaginary wall.



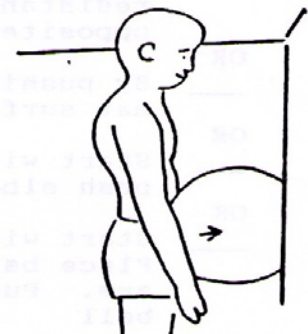
- OR _____ By pushing arm forward against resistance provided by your opposite arm or partner's hand (Apply resistance on front part of your upper arm just above the elbow)



- OR _____ Start by facing wall or door frame. Be as close to wall as possible with toes up against floorboard. Push upper arm and forearm against wall.

- OR _____ Start by facing wall. Place ball between wall and arm (just above elbow level). Push against ball.

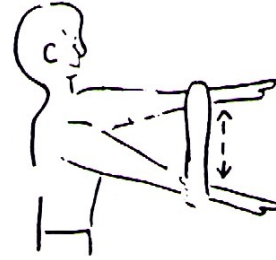
***Do Not Move Your Entire Body - ONLY YOUR ARM.**



Shoulder Flexion continued.

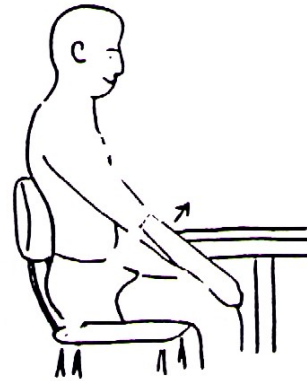
OR

- ___ B. Using a belt - Sitting/Standing/Lying
- Slip belt around forearms
 - Keep elbows straight
 - Pull up with one arm and down with the other, until the belt is tight. Then, hold. Relax. Repeat
 - Repeat same as above with opposite arm on top.



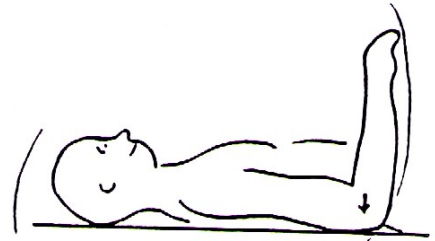
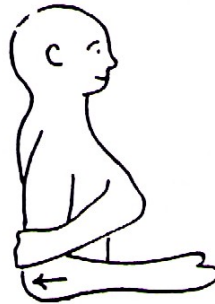
OR

- ___ C. Sitting at heavy table
- Place arms under table (pressure to be applied to forearms not to wrists or hands)
 - Keeping elbows straight, palms facing each other
 - Push up against table with forearms



Shoulder Extension

- ___ Sitting/Standing/Lying on back
- Arm at side or slightly back
 - Elbow bent to 90
 - Tighten muscles in back of upper arm without actually moving the arm



- ___ As if pushing arm backwards against an imaginary wall

OR

- ___ By pushing arm back against resistance provided by your opposite arm or partner's arm

OR

- ___ By pushing elbow back into bed/mat surface/ or back of the chair

OR

- ___ Start with back against wall, push elbow backwards into wall

OR

- ___ Start with back facing wall. Place ball between wall and upper arm. Push elbow backwards into ball



****Do Not Move Your Entire Body -- ONLY YOUR ARM**

3. Shoulder Abduction

- A. Sitting/Standing/Lying
 - a. Arm at side, or slightly away from side, palm facing hip
 - b. Tighten muscles on side of shoulder, without actually moving your arm

- as if pushing arm sideways against an imaginary wall
- OR
- By pushing sideways against resistance provided by your opposite arm or partner's hand placed just above elbow level on outside of arm

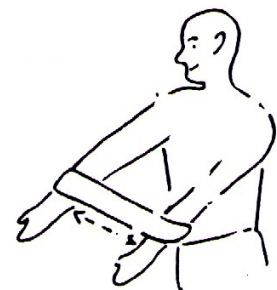
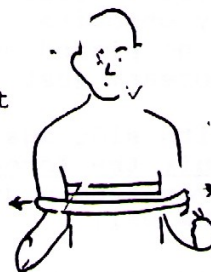
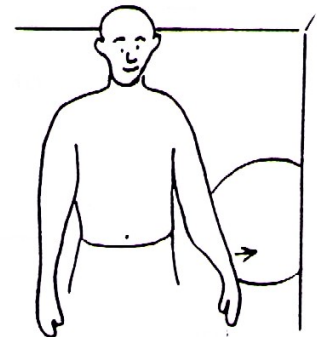
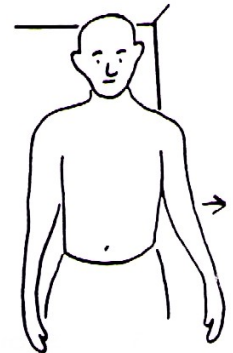
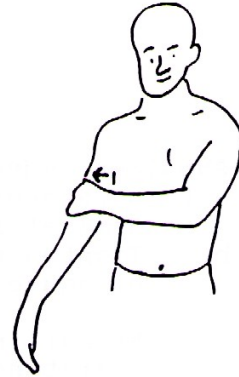
- OR
- By pushing arms outwards against arm rests
- OR
- Start by sitting/standing with side next to wall. Push arm sideways against wall.

- OR
- Start by sitting/standing with side towards wall. Place ball between wall and arm just above or at elbow level. Push arms sideways against ball.

****Do Not Move Entire Body -- ONLY YOUR ARM**

OR

- B. Using a belt - sitting/standing/lying on back
 - a) Slip belt around forearms/upper arms
 - b) Palms facing each other
 - c) Elbows bent or elbows straight
 - d) Move arms out to the side until belt is tight
 - e) Hold. Then, relax and repeat.



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4. **Shoulder Adduction**

— Sitting/Standing/Lying

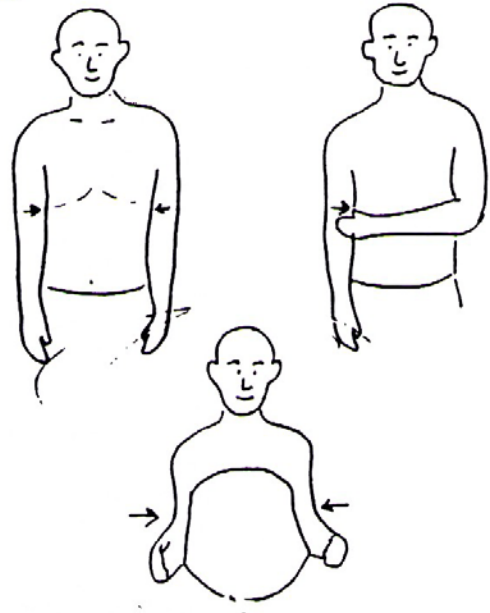
- a. Arms at side
- b. Tighten muscles under your arms by squeezing arms into sides

OR

— By pulling arm inwards against resistance of your opposite hand or partner's hand placed on the inside of your arm just above the elbow

OR

— Squeeze a ball between arms



5. **Shoulder External Rotation**

— A. Sitting/Standing/Lying

- a) Keeping elbow against your side and bent to 90
- b) Tighten muscles as if rotating only the forearm out away from body - however, do not actually allow movement of the arm
- As if pushing only the forearm against an imaginary wall

OR

— By pushing forearm against resistance provided by opposite arm or partner's hand placed on outside of forearm just above wrist

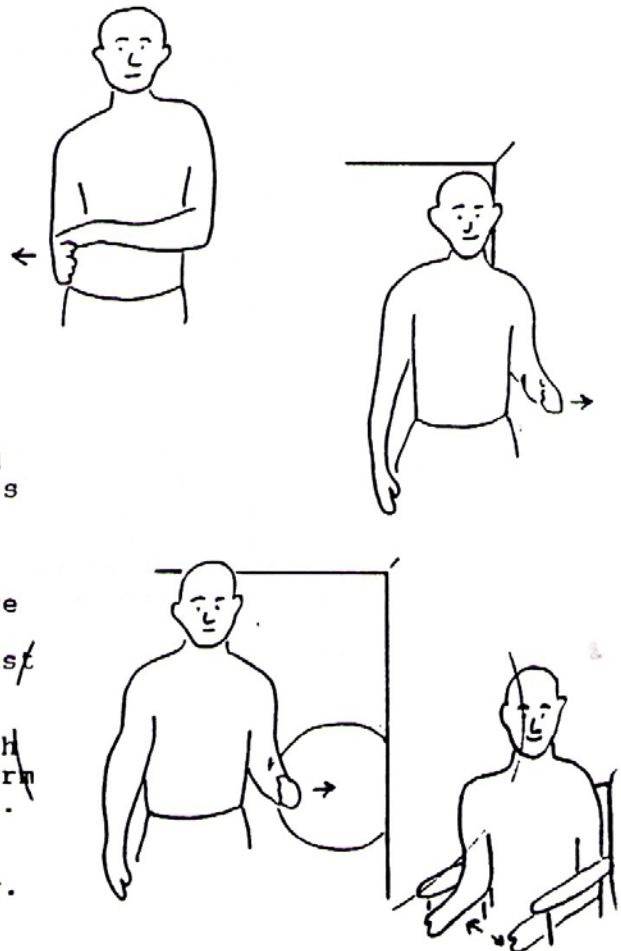
OR

— With side against wall, move only the forearm outwards away from your body - against the wall

OR

— Same as above, however, with a ball placed between forearm (just above wrist) and wall. Rotate forearm outwards against ball.

— Against sides of wheelchair.



***Do Not Move Your Entire Body - ONLY YOUR ARM.**

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OR

- B. Using belt - sitting/standing/lying
- a) Slip belt around both forearms just above wrists
 - b) Keeping elbows against your side and bent to 90
 - c) Move only the forearm outwards away from body until belt is tight
 - d) Hold. Relax. Repeat



6. Shoulder Internal Rotation

- Sitting/Standing/Lying on back
- a) Keeping elbow against your side and bent to 90
 - b) Tighten muscles as if rotating only the forearm inward against stomach
- As if pushing forearm against an imaginary wall



OR

- By pushing forearm against resistance provided by opposite arm or partner's hand. Place resistance on inside of forearm just above the wrist.

OR

- By pushing against ball held between forearms



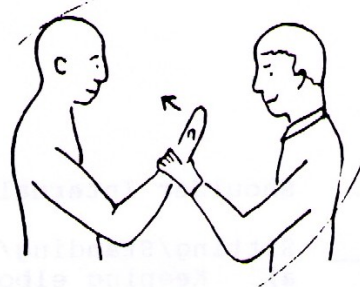
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7. Elbow Flexion

- A. Sitting/Standing/Lying
- a) Arm at side, elbow bent at least slightly
 - b) Tighten muscle in front position of upper arm, without actually bending the elbow
- As if bending elbow to lift an imaginary heavy weight



- OR
- By crossing your forearms with palms up and press forearms together. Then, reverse arm position, keeping palms up.



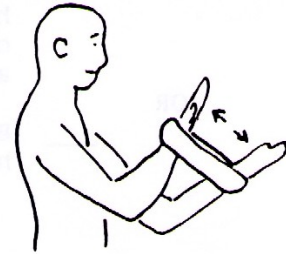
- OR
- By pulling against partner's hand placed on forearm just below your wrist

- OR
- By squeezing a ball placed between upper arm and forearm.



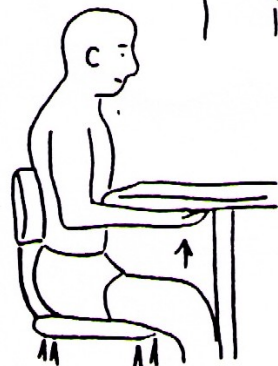
OR

- B. Using Belt - Sitting/Standing/Lying
- a) Arms at sides
 - b) Place belt around forearms just below wrist level
 - c) Palms up
 - d) Bend one elbow while straightening the other, pulling the belt tightly
 - e) Hold. Relax. Repeat.
 - f) Reverse arm position, keep palms up.



OR

- C. Sitting at heavy table
- a) Place forearms under table with palms up.
 - b) Lift up against underside of table with forearms.



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8. **Elbow Extension**

— A. **Sitting/Standing/Lying on Back**

a) Arms at side, elbow bent slightly, palms up (may place pillow under forearm when performing lying on back)

b) Tighten muscles in back of upper arm as if straightening elbow

— By pushing back against an imaginary surface

OR

— By crossing your forearms with palms up and press forearms together. Then reverse arm position, keeping palms up.

OR

— By pushing back against surface of the bed

OR

— By pushing back against your partner's hand placed on back of your forearm just above wrist

OR

— By pushing back against ball placed between forearm and thigh

OR

— B. **Using belt - sitting/standing**

a) Arms at side

b) Place belt around forearms just below wrist level

c) Palms up

d) Bend one elbow while straightening the other, pulling the belt tightly

e) Hold. Relax. Repeat

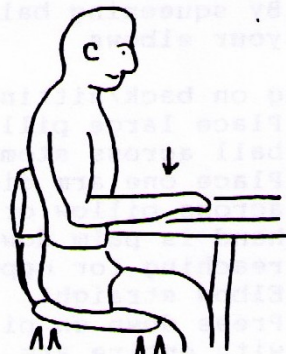
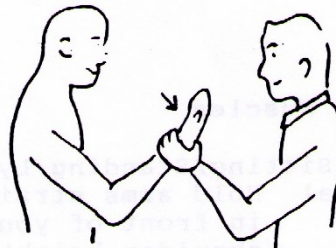
f) Reverse arm position, keep palms up.

OR

— C. **Sitting at heavy table**

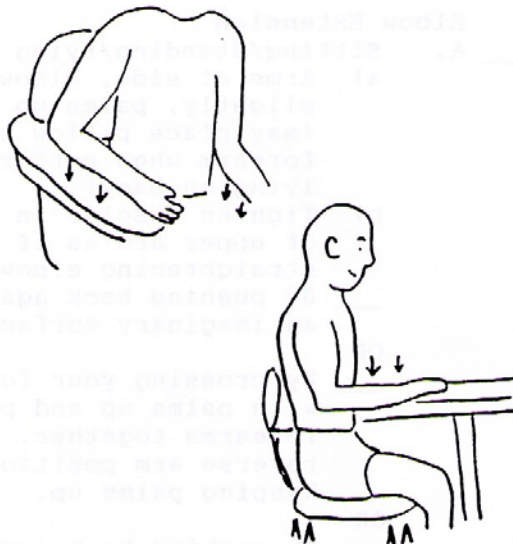
a) Place forearms on top of table with palms up

b) Push forearms into table top as if trying to straighten elbows.



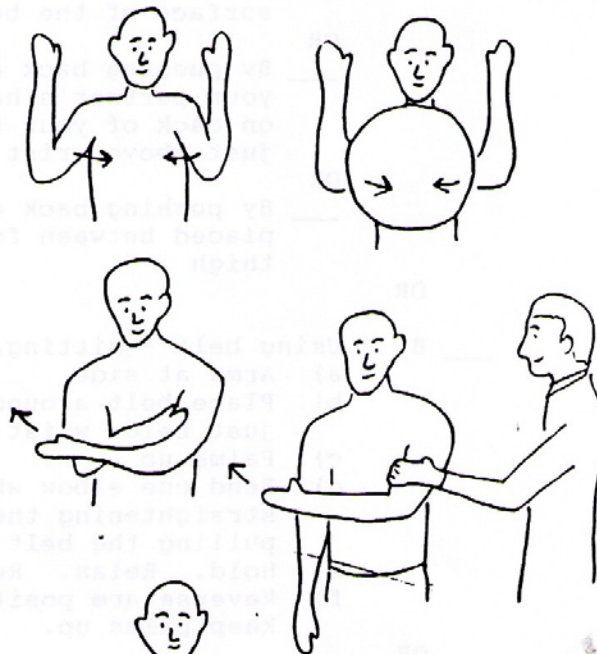
9. Push-Up Muscles

- Sitting in chair with armrests or in front of table
- a) Arms down at sides
- b) Elbows bent
- c) Forearms resting on armrests/table top
- d) Push down with forearms (not with hands; nor with entire body)



10. Chest Muscles

- A. Sitting/Standing/Lying on back
 - a) Hold arms straight out in front of you at shoulder height (if possible)
 - b) Bend elbows to 90
 - c) Tighten chest muscles without actually moving your arms
 - As if squeezing an imaginary large beach ball between them
 - By pulling arm inwards against resistance provided by opposite arm or partner's hand placed on upper arm just above elbow.



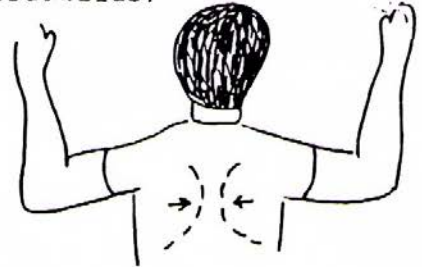
OR

- By squeezing ball between your elbows
- B. Lying on back/sitting
 - a) Place large pillow or ball across stomach
 - b) Place one arm diagonally across pillow or ball so hand is palm down and reaching for opposite hip
 - c) Elbow straight
 - d) Press down on pillow or ball with entire arm.



11. Shoulder Blade Muscles

- A. Sitting/Standing/Lying on back (Middle Trapezius)
- a) Arms at shoulder height, if possible
 - b) Elbows bent
 - c) Squeeze shoulder blades together by pushing elbows back into bed/ against back of chair / against partner's hand/ or wall.



- B. Lying on back/sitting (Rhomboids)
- a) Arms at sides, elbows bent
 - b) As if trying to get elbows to meet behind you, push elbows back into bed or into back of chair

