

# Phase 2 – Week 6 to 3 months III

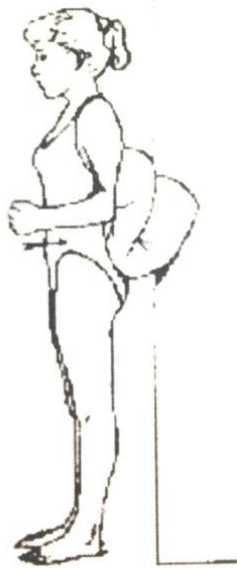
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## ISOMETRIC STRENGTHENING EXERCISES

- Perform a series of ten, three times every day
- Hold each exercise for five seconds, applying gentle pressure

### 2. *Isometric extension*

- Push elbow backwards into pillow



### 3. *Isometric adduction*

- Squeeze pillow with elbow and arm into your side
- Keep neck relaxed and shoulder blades pinched together



### 4. *Isometric external rotation*

- Keeping your elbow by your side, press forearm so that it swings outwards in the direction of the wall



### 5. *Isometric internal rotation*

- With elbow by your side, and using operated hand, push against unaffected hand, which is kept still, providing resistance.

