

## Shoulder Isometric Exercises

### Shoulder Strengthening Activities Isometric Internal Rotation

Using door frame to provide resistance, press palm of hand into door frame as shown using **light moderate maximal** pressure. Be sure to keep elbow in at your side.

Hold for 10 seconds.  
Repeat 10 times.  
Do 2 sessions per day.



### Shoulder Strengthening Activities Isometric Flexion

Using wall to provide resistance, press fist into pillow as shown, using **light moderate maximal** pressure.

Hold for 10 seconds.  
Repeat 10 times.  
Do 2 sessions per day.



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Shoulder Strengthening Activities  
Isometric Extension

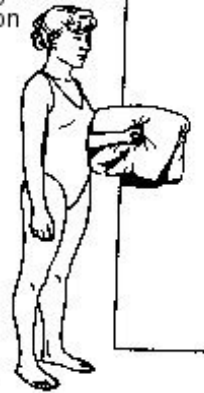
Using wall to provide resistance,  
press back of arm into pillow using  
**light moderate maximal**  
pressure.



Hold for 10 seconds.  
Repeat 10 times.  
Do 2 sessions per day.

Shoulder Strengthening Activities  
Isometric External Rotation

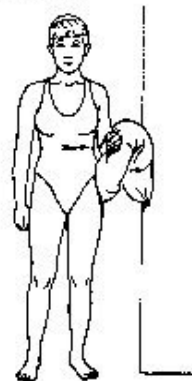
Keeping arm tucked  
in at side, press back  
of hand into wall  
as shown using a pillow.



Hold for 10 seconds.  
Repeat 10 times.  
Do 2 sessions per day.

Shoulder Strengthening Activities  
Isometric Abduction

Using wall to  
provide resistance, press  
into pillow with arm as  
shown, using  
**light moderate maximal**  
pressure.



Hold for 10 seconds.  
Repeat 10 times.  
Do 2 sessions per day.