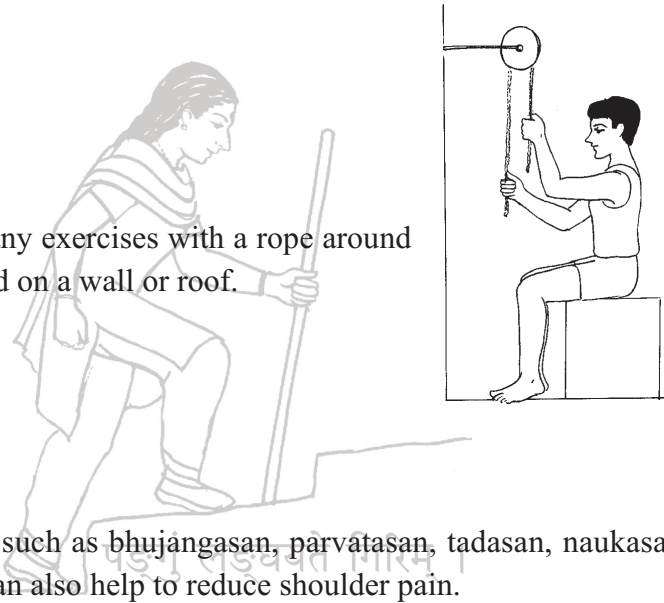


11. You can do various exercises with the help of rubber (or Thera-band) under the supervision of a qualified physiotherapist.

12. You can do many exercises with a rope around the pulley fitted on a wall or roof.



Yoga postures such as bhujangasan, parvatasan, tadasan, naukasan and gomukhasan also help to reduce shoulder pain.

Lupus Clinic

Modern Management of Arthritis

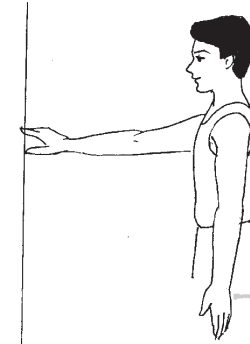
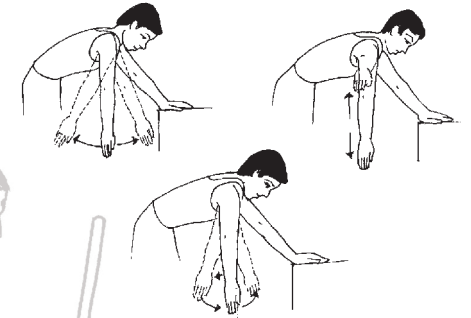
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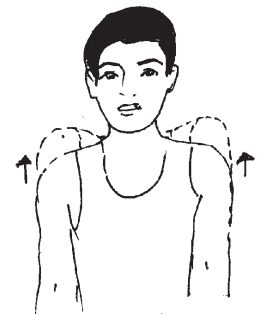
Shoulder Exercises

1. While holding onto a table or the back of a chair, bend forward a little and let your arm hang straight down. Then, swing your arm back and forth like a pendulum. Next, move your arm in a circular manner - a small circle (dinner-plate size) to start with - clockwise and anticlockwise.

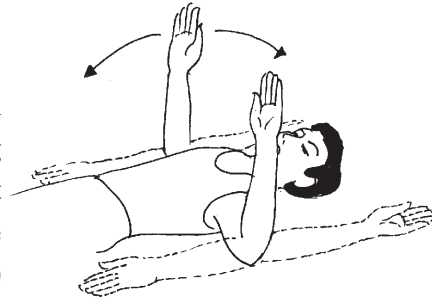


2. Wall crawling/climbing: Stand facing a wall. Place one hand on the wall at eye level so that your hand is at 90 degrees to the wall. Make your fingers crawl up the wall, climbing as high as you can. Repeat this exercise with another hand.

3. Lift both your shoulders and maintain an upheld position for some time. Bring them down slowly. You may hold a small weight while lifting shoulders for better muscle strengthening. The stiffness of shoulder muscles can be reduced by moving them back and forth.

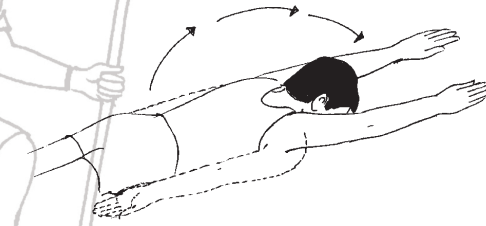


4. Lie on your back. Put your hands alongside at 90 degrees, as shown in the picture. Then, while keeping your elbows on the ground, lift your hands slowly up. Next, move your hands at elbows in 180 degrees up and down.

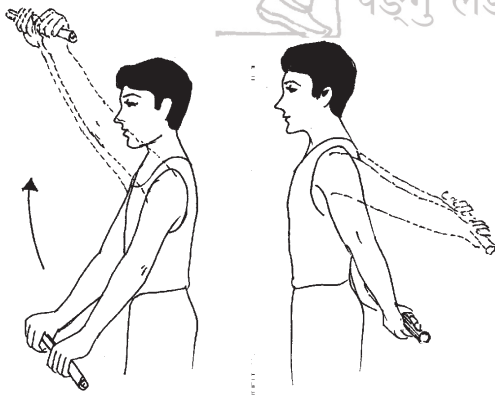


5. Lie on your belly. Keep both hands alongside your body without bending at elbows. Interlock fingers and stretch your hands. Lift your painful hand slowly with the help of another hand.

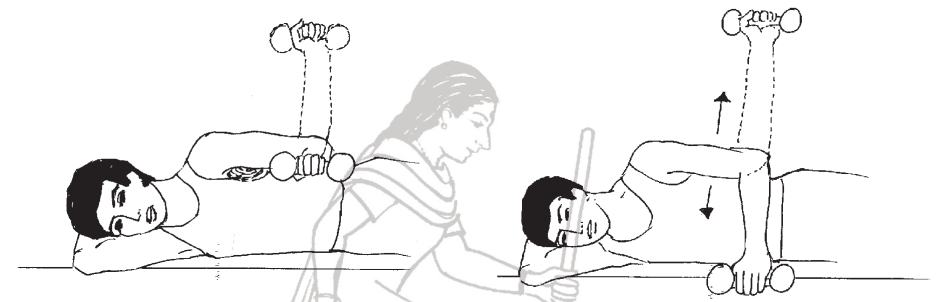
6. Lying on your belly, keep your hands and palms on the ground. Move hands clockwise in 180 degrees and bring them above your head.



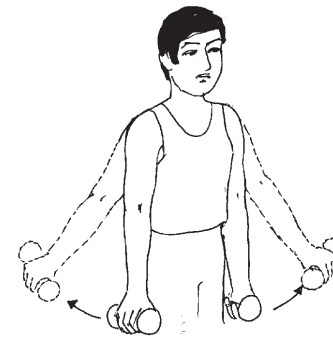
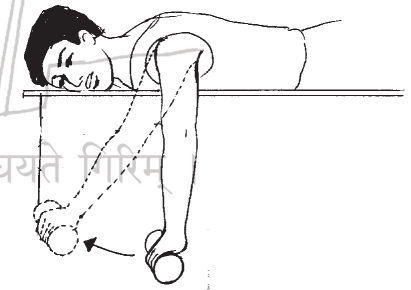
7. Using a stick helps to move a painful shoulder with the help of the normal hand. Hold the stick horizontally in front of you, as shown in the picture. Rise your hands as much as you can. Do not bend your elbows. Then, hold on for some time and bring them down. Hold the stick on your backside now. Move the stick up and down. Shoulder exercises also include moving an uplifted stick to the right and left in standing as well as in a lying down position.



8. Using a suitable weight (dumbbells, sandbag, or a water-filled bottle) gives more stretch to shoulder muscles and increases their strength. Lie on your right side with your left arm at your side. Hold a weight in your left hand with your forearm across your abdomen. Raise your forearm, as shown in the picture. Be sure to hold your elbow on your side. Do the same exercise with your right hand while lying on the left side. Holding a small towel-roll under your arm helps to keep your shoulder straight.



9. Lie on your abdomen at the edge of a bed and let your hand hang down, as shown in the picture. Then, hold a weight in your hand and lift it back and forth.



10. Hold arms alongside your body in a standing position with weights in both your hands. Raise your arms to bring the weights to shoulder level. Weights can also be lifted back and forth to shoulder level in a standing position.