



**Wrightington, Wigan and  
Leigh Teaching Hospitals**  
NHS Foundation Trust

# Shoulder Exercises Level 2

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Patient Information

## Musculoskeletal (MSK) Physiotherapy Services

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## Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should do the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference; they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

## Instructions

- Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.
- Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.
- The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.
- Complete each exercise slowly and in a controlled manner; you should take your time and not rush. Take 30 seconds rest in between each set.

**Contact the Physio department if you find the exercises are making your pain worse overall.**

## Contact Information

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## Shoulder Level 2 - Exercises 1 to 9



## 1. Wall Slide

Stand tall, facing a wall. Forearms facing each other or flat against the wall. Feet flat against the floor, buttocks and maintain neutral spine.

Lean towards the wall while sliding up the wall approximately 165 degrees ('Y' position).

Return to the starting position.

Repeat 10 times.

Sets 3.

## 1. Weighted Pass



Stand and hold some kind of weight or dedicated weight such as a dumbbell or household object that you can easily hold.

Pass the weight between your hands in a circle around your body.



Always keep the handle in the same position, especially behind your back.

Repeat 10 times to both sides.

Sets 3.



## 1. Hand Behind Head

Lie on your back with hands behind head towards the ceiling.

Move elbows apart and push down

Repeat 10 times.

Sets 3.



## 1. Weighted Flexion

Lie on your back.

Using a weight in the affected arm (a drinks bottle works this, as the amount of water in it can be adjusted as necessary to be easy to grip).

Lift the one arm up and over your head, keeping your arm straight.

Control the return movement back to your side.

Repeat 10 times.

Sets 3.



## 1. Sleeper Stretch.

Lie on your side, with your head supported on a pillow and your arm bent 90 degrees in front of your body with the elbow bent. Roll your torso slightly back.

Using your other hand, push your palm towards the floor. You should feel a mild stretch in the back of your shoulder.

Hold for 10 seconds.

Repeat 5 times.

Sets 3.



## 1. Weighted External Rotation

A dumbbell or water/drinks bottle is an ideal weight as it can be filled or emptied with water to adjust the resistance accordingly.

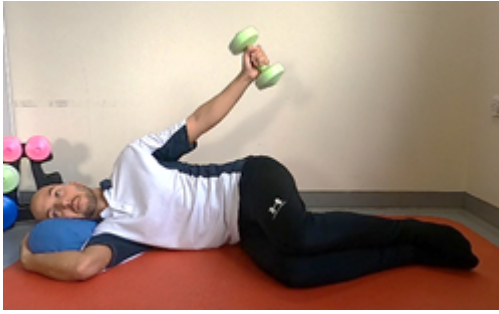
Lie on your side.

Bend your elbow to 90 degrees. Hold a weight in your hand.

Lift your hand up. Return to the starting position slowly.

Repeat 10 times.

Sets 3.



## 1. Weighted Abduction in side lying

Lie on your side, with the top arm resting on your side/h

You can use a small weight or a drinks bottle with water for resistance if you are able.

Lift your arm to the side and up with the thumb leading

Lower the arm back to the starting position slowly.

Repeat 10 times.

Sets 3.



## 1. Upper Cut

Lying on your side with your painful arm uppermost. Your elbow should be bent to 90 degrees; and raise your hand, so it is parallel to the floor. Your forearm should be horizontal.

Maintain the elbow bend and hand position while flexing your arm, bringing your arm through in front of your face.

The forearm should stay parallel to the floor/bed at all times.

Return to the start position and repeat

Repeat 10 times

Sets 3.

## 1. Forearm Plank



Lie on the floor, support your body weight on your forearms.  
– Top photo



Tighten your stomach muscles and keep your neck and head in line with your spine.

Hold each one for as long as you can to a maximum of 30 seconds.

Repeat 5 times.

**PROGRESSION:** if you can, do this on your hands and feet.  
your elbows and knees – as shown in the bottom photo.



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