Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Shoulder Exercises Level 2

Version number: **2**
Last modified date: **12th November 2026**

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Patient Information

Musculoskeletal (MSK) Physiotherapy Services

- Author ID: GE
- Leaflet ref: Tpy 027
- Leaflet Ref: 2
- Version: Shoulder Exercises Level 2
- Date Produced: January 2024
- Expiry Date: January 2026

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

Leigh Health Centre
Telephone: 0300 707 1597

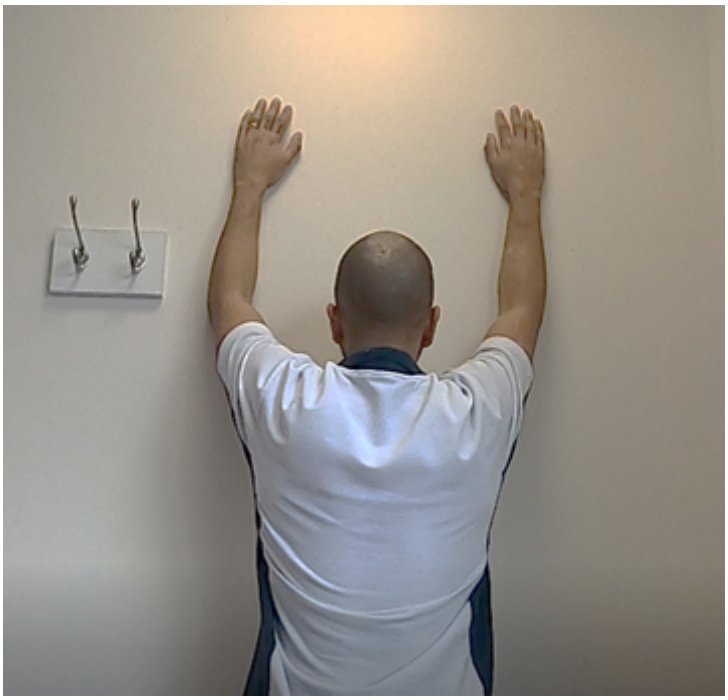
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Shoulder Level 2 - Exercises 1 to 9



1. Wall Slide

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

Lean towards the wall while sliding
approximately 165 degrees ('Y' pos

Return to the starting position.

Repeat 10 times.

Sets 3.





1. Weighted Pass

Stand and hold some kind of weigh
dedicated weight such as a dumbbe
household object that you can easil

Pass the weight between your hand
a circle around your body.

Always keep the handle in the sam
especially behind your back.

Repeat 10 times to both sides.

Sets 3.



1. Hand Behind Head

Lie on your back with hands behind
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 necess easy to grip).

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

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 an
90 degrees in front of your body with the elbow bent. Rol
slightly back.

Using your other hand, push your palm towards the floor
can 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
or emptied with water to adjust the resistance accordingly

Lie on your side.

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

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
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. Yo
should be bent to 90 degrees; and raise your hand, so it r
horizontal.

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

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

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 forea
– Top photo



Tighten your stomach muscles and keep your neck and b

Hold each one for as long as you can to a maximum of 3

Repeat 5 times.

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



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