Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Shoulder Exercises Level 3 v2

Version number: **2**
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Shoulder Exercises Level 3

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 partake in 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

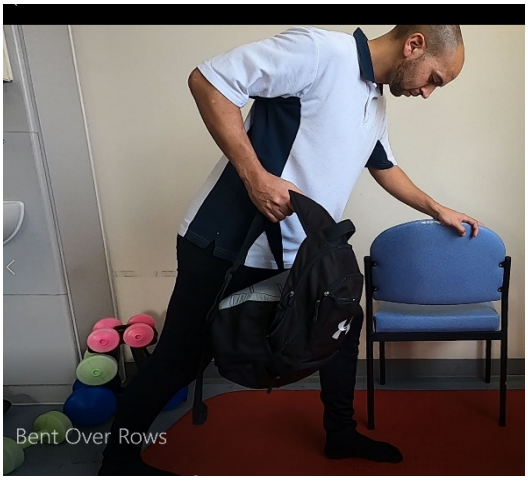
Leigh Health Centre
Telephone: 0300 707 1597
Email: wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre
Telephone: 0300 707 1772
Email: wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House
Telephone: 0300 707 1113
Email: Wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital
Telephone: 01257 256305
Email: Wwl-tr.therapyadmin@nhs.net

Shoulder Level 3 – Exercises 1 to 8



1.

Bent over Rows

Stand, leaning on a table or chair with one hand.

Let your other arm hang relaxed straight down and if you are able, hold a weight in that hand. The weight should be heavy enough to offer resistance but not too heavy that you struggle to lift it.

This weight could be a bag filled with objects, a dedicated weight such as a Dumbbell/Kettlebell, or even just a drinks bottle filled with water.

Bend your elbow bringing it behind your back and pull your shoulder blades together.



1.

Front Raises

Stand with your hips and knees slightly bent, holding the weight in both hands. A bag filled with water bottles is ideal, and it can be filled/emptied to adjust the resistance level as necessary.

The weight should be heavy enough to offer resistance but not too heavy that you struggle to lift it.

Tighten your stomach and lower back muscles to stabilise your lower spine; and lift alternate arms up and bring back down both in a controlled manner.

Repeat 10 times.

Sets 3



1.

Lateral Raises

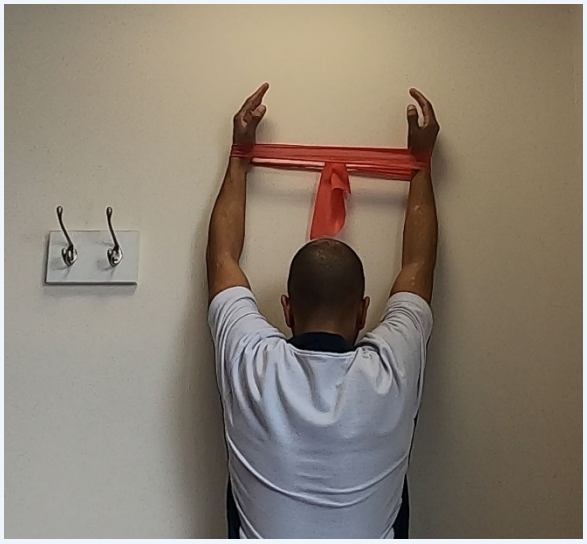
Stand tall, with arms by your sides, holding a weight (water bottle or bag are ideal and can be filled/emptied to adjust the resistance accordingly).

The weight should be heavy enough to offer resistance but not too heavy that you struggle to lift it.

Lift your arm to the side away from your body, keeping your elbow straight.

Control the return movement back to your side.

Repeat 10 times.



1.

Banded Wall Slide

You will need a resistance band for this exercise. If you have seen a Physiotherapist, you may already have one of these. If not, they can be bought easily from Amazon by searching for a resistance loop.

Stand tall, facing a wall. Hands at shoulder height, forearms against the wall with palms facing each other. An exercise band around both hands, slack taken off. Activate your trunk and buttocks and maintain neutral spine position throughout the exercise.

Lean towards the wall while sliding your arms upwards to a 'Y' position.

Return to the starting position. Keep tension on the band throughout the movements.



1.

Shoulder Press

Stand tall. Hold weights at shoulder height with your elbows pointing to the sides.

The weights could be a water bottle filled with water. This could be adjusted by using more or less water.

The weight should be heavy enough to offer resistance but not too heavy that you struggle to lift it.

Press the weights up to straight arms. Return to the starting position in a controlled manner.

Note:

- Try not to shrug your shoulders.



1. Side Plank

Side lying, feet next to each other. Upper body supported on your forearm, with the shoulder directly above the elbow.

Lift your pelvis and hold.

Note: Your body should be in a straight line when looking from the front or side.

Hold each one for as long as you can

Repeat 5 times.



1.

Plank Taps

Start on your hands and toes, with your body in a straight line. Push your chest slightly away from the floor and hold the position.

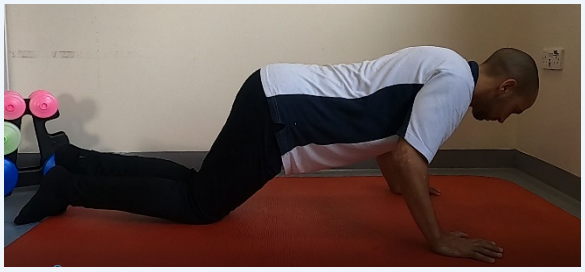
Shift the weight onto one arm and tap the supporting arm with the other hand.

Try to keep the position of your upper back (push strongly with the supportive arm towards the floor) and keep pelvis as level as possible.

Bring the weight back to two arms and repeat with the other side.

Repeat 10 times.

Sets 3



1.

Push Up, Narrow Hand Position

On your hands and knees, hands shoulder-width apart or narrower, elbows pointing back. Body in a straight line.

In a controlled manner, lower your chest close to the floor. Push back up.

Note: Keep your elbows close to your sides and forearms as upright as

possible.

Repeat 10 times.

Sets 3

PROGRESSION: This can be progressed by lifting up onto your toes in a full push up position, rather than on your knees, if you are able.



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