



## Strengthening exercise for shoulders 2

**Benodigheden:**

None

**Voorzorgsmaatregelen:**

If you are suffering from shoulder pain, shoulder stiffness or other shoulder problems please consult your therapist.

**Uitgangspositie:**

Standing in a door opening

**Uitvoering:**

Bend the elbow, so that the lower- and upper arm are at a 90° degree angle. Lock your elbow in the side of your body. Place the inside of the wrist and forearm against the doorpost and put pressure on it. Hold for 10 seconds.

**Herhalingen:**

30 seconds

**Frequentie:**

3-4 days per week (unless otherwise indicated)

Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder