

Download Isometric Exercises Guide

Isometric training is essentially a fancy way to categorize exercises that recruit muscles and exert tension without actually lengthening or shortening the muscle. Isometric exercise is also a type of exercise that your physical therapist may prescribe for your shoulder. Isometric exercises are performed when your muscles contract, but no motion occurs around your shoulder joint. Your physical therapist may prescribe isometric shoulder exercises as part of your rehab home exercise program. Believe it or not, you can build strength without moving a muscle. Try this full-body isometric workout. Page 3 Turn so your back is towards the wall. With the pillow between the wall and the elbow of your _____ arm, push your elbow back into the