

Shoulder Strength



Physiotherapy Advice

Why do we need strong shoulders?

Shoulder strength is important for activities which require arm/hand actions e.g. throwing and catching, handwriting, scissors, climbing frames. It is important to remember that controlled arm movements are only possible when the core muscles i.e. tummy, back, pelvis and shoulder all work together to provide a strong and stable trunk.

What are the signs of weak shoulder muscles?

A child will tire easily when doing written work, fine motor activities, ball games and P.E activities which use the arms. They may give up easily, avoid or not complete gross and fine motor activities which use the hands and arms.

When writing the child may hold their writing arm away from their body and may angle the page and lean too heavily/or weakly through the pencil.

How can I help my child?

Choose different positions to work in e.g. tall and half kneeling, lying on tummy

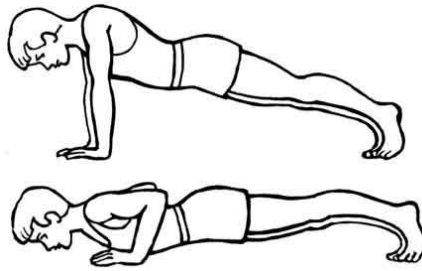
**TALL
KNEEL**



**HALF
KNEEL**



press-ups



wall push



shoulder spirals



keepie uppies with balloons



darts/swingball,



Animal walks e.g. crab walks



All ball games involving throwing, catching, bouncing, aiming and dribbling a ball.

After school clubs/facilities can provide additional support for shoulder strengthening.

For example:

- Swimming
- Park activities e.g. climbing frames, monkey bars, pushing a swing, climbing up a slide
- Cycling
- Dance
- Tennis and other racquet sports
- Gymnastics
- Jujitsu/karate