

# SHOULDER IMPINGEMENT PHASE 1

## YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around your shoulder, upper back and scapula. The exercises will improve your rotator cuff strength and shoulder girdle control as well as stretch and mobilise tight structures. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your shoulder. Before starting each exercise ensure you have good posture - straight upper back with scapula back and down and chin slightly tucked in. The following leaflet includes some exercises to help in your rehabilitation.

## GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times on each side. It is important to stretch the uninjured muscles so that you are well balanced.

## PROGRESSION SPEED

Your therapist will advise you on the speed you should progress. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort stop the exercises and consult your therapist.

### PENDULUM WITH TRACTION

Hold a weight in your hand. Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.



### ISOMETRIC SHOULDER INTERNAL ROTATION WALL

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm inwards across your chest, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.



SETS REPS

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### ISOMETRIC SHOULDER ADDUCTION TOWEL

Stand up and place a large rolled up towel under your arm pit. Bend your elbow to 90 degrees. Gently contract your arm inwards pressing into the towel. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.



### STANDING SCAPULAR STRENGTHENING

Stand up tall, with good posture. Place your arms just out from your side, and palms facing forwards. Squeeze your shoulder blades together as you draw your arms back. Let your chest and rib cage expand. You should feel a tightening of the muscles at the bottom of your shoulder blades. This exercise will strengthen your lower trapezius muscle and rhomboid muscles, and help with posture.



SETS REPS

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### ISOMETRIC SHOULDER EXTERNAL ROTATION WALL

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm outwards away from your body, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.



### CHICKEN WINGS

Place your hands on your hips, and pull your elbows backwards, and then forwards, as if you were making chicken wing movements. This is a useful mobility exercise for your shoulders.



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 **Video:** [http://youtube/liZJ\\_r8\\_QeA](http://youtube/liZJ_r8_QeA)

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