SHOULDER IMPINGEMENT PHASE 2

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.

ARM PUSH AGAINST SB

With a straight arm, push against a Swiss ball on the wall. This is a great exercise to improve stability to your shoulder.



SETS	REPS

Video:
http://youtu.be/0QaFp0I-izM

IBAND FLEXION 45 DEGREES

Place an exercise band under your foot, and lift the other end upwards. Take your arm out slightly to the side (45 degrees from the front). When you have reached your limit, move your arm back down. This exercise will improve mobility and strength to your shoulder.



SETS	REPS

Video:
http://youtu.be/mAEktw5dQ0I

ERNAL ROTATION WITH BAND

Tuck your elbow in, keeping it next to your body, and move your arm outwards away from your stomach, using the band for resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles. You can progress this, if pain permits, to start the exercise with the elbow further and further away from the body, up to 90 degrees and even 120 degrees. Still keeping good posture, with scapula back and down, rotating your arm outwards/upwards.



SETS	REPS

Video:
http://youtu.be/KZpckJLRhaE

WASH ON, WASH OFF

Draw circles with your arm in a clockwise movement, and then an anticlockwise movement, as if you were wiping a car windscreen or a window. This exercise is a useful mobility exercise for the shoulder.



SETS	REPS

Video:
http://youtu.be/iSbAVOPEFLc

INTERNAL ROTATION WITH BAND

Tuck your elbow in, keeping it next to your body, and move your arm inwards towards your stomach using the band as resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles. You can progress this, if pain permits, to start the exercise with the elbow further and further away from the body, up to 90 degrees and even 120 degrees. Still keeping good posture, with scapula back and down, rotating your arm inwards/downwards.



SETS	REPS

Video:
http://youtu.be/ZXncuZKonas

PRESS-UP KNEELING

Position yourself in a press-up position, on your knees, with your arms straight. Drop your chest towards the floor by bending your elbows. Return to the start position. This is a chest, core, back and shoulder strengthening exercise.



SETS	REPS

Video:
http://youtu.be/P9UgwM5cx10

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2017

Daniel Näsman
daniel@massageterapeuten-gbg.se
https://www.massageterapeuten-gbg.se