SHOULDER IMPINGEMENT PHASE 3

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.

DRAWING THE SWORD WITH BAND

Start with your thumb pointing down, somewhere near your opposite knee, and taking the band lift your arm above your head and to the side. At the top of the movement, your thumb should be pointing upwards (i.e. the arm has turned out). Imagine you are drawing a sword out of its sheath. Return to the start position. This is a great mobility and strengthening exercise for your shoulder.

SETS	REPS

Video:
http://youtu.be/qKX9k_T-Thc

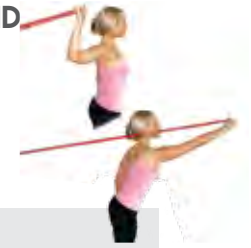
BILATERAL ABDUCTION WITH BAND

Relax your arms by your side and hold the ends of an exercise band in each hand. Stretch the band away from your body to create resistance. You will feel muscle contraction in your upper arms and shoulders, as this exercise strengthens the rotator cuff muscles and the deltoid.

SETS	REPS

Video:
http://youtu.be/eQglHsXmKIY

THROWING WITH BAND



Gently perform a throwing movement using the band as resistance. This will help improve mobility, co-ordination, strength and function to your shoulder.

SETS	REPS

Video:
http://youtu.be/UpqAC4QNFhM

PRONE LOWER AND MID-TRAPEZIUS RAISE DB ONE HAND

Lying face down on a bench (or bed), grasp a dumbbell in one hand, and lift your arm to 45 degrees outwards from your body to shoulder height. Return it to the starting position. This exercise strengthens the trapezius muscle which helps to stabilise the shoulder blade, and strengthens the back. You will also feel a muscle contraction at the back of your upper arms known as the triceps.

SETS	REPS

Video:
http://youtu.be/1lyhZcGXxN8

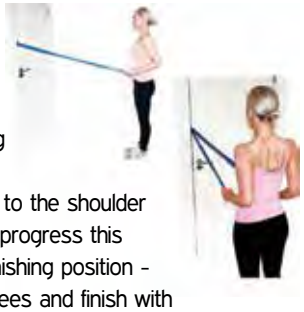
PRESS-UP KNEELING (HARDER)

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/xM4PEeV4cks

STANDING NARROW ROW WITH BAND



Position yourself in a press-up position, on Secure an exercise band around an object in front of you. Use a close grip (hands facing each other) and pull your elbows behind your body. At the same time, squeeze your shoulder blades together. By performing this exercise, you will strengthen the mid-trapezius, lattissimus dorsi and rhomboid muscles situated next to the shoulder blade, to help posture and shoulder blade stability. To progress this exercise you can alternate the height of your arms finishing position - as you pull the elastic, lift your elbows out to 90 degrees and finish with your hands on your shoulders. Then repeat to the lower waist level.

SETS	REPS

Video:
http://youtu.be/P9UgwM5cx10

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