

Exercise programmes for patients

Shoulder pain caused by subacromial impingement

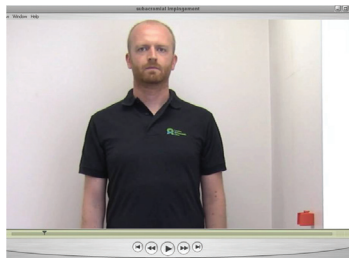
This leaflet describes two exercises which are designed to strengthen your shoulder cuff. Spend around 20 minutes a day on these exercises.

Follow the advice shown below – but you will probably find it easier if you use this leaflet in conjunction with the accompanying video.

ISOMETRIC EXTERNAL ROTATION AND ABDUCTION AGAINST A WALL

Step 1

First, stand in good posture, bringing your shoulder blades gently back and down.



Step 2

When you come to do the exercise itself the movement you should be attempting involves bending your elbow and taking your arm out to the side, as if performing a backhand in tennis.



Step 3

For the actual exercise, stand next to a wall and gently press the outside of your fist into the wall while keeping your elbow away from it. That position should be held for five seconds and repeated 15 times.



Step 4

For the abduction part of the exercise- again begin by standing in good posture. This time the movement you should be attempting involves bringing your elbow out to the side.



Step 5

For the actual exercise, approach the wall again- but this time gently press your elbow against it, avoiding putting pressure through the hand. Hold for five seconds and repeat 15 times.



SCAPULA RETRACTION AND DEPRESSION

Step 1

Sit in good posture and gently bring your shoulder blade back and down.



Step 2

That position should be held for 10 seconds before relaxing and repeated 10 times.



Go online to watch a physiotherapist take you through the exercises

► www.pulsetoday.co.uk/video/exercises

Remember if the pain persists or gets worse with exercise then stop and make an appointment to see your doctor