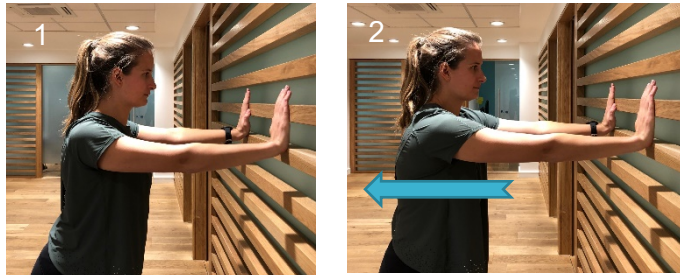


EXERCISES FOR SHOULDER PAIN

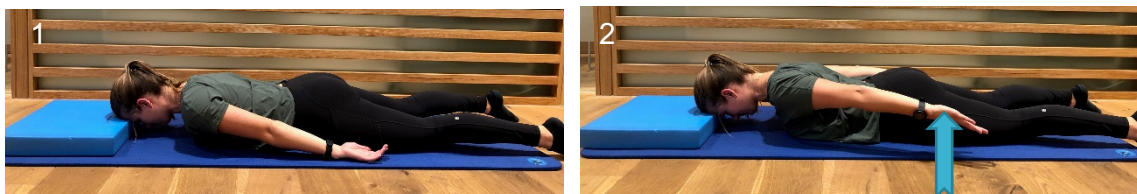
Shoulder Blade Push-Ups:

- Standing in front of a wall, put your hands on the wall in line with your shoulders
- Keep your elbows completely straight, and your shoulders down/away from your ears
- Roll your shoulder blades as far forward as you can, then roll them back and squeeze them together, and repeat
- *To progress, do the exercise on a lower surface e.g. kitchen bench or bed. Eventually you may be able to do the exercise in a plank position on your hands/toes (keeping elbows straight).*
- **Aim for 10 repetitions, 3 sets**



Shoulder Retraction in Prone:

- Lie on your stomach with your arms by your sides. You can place a rolled towel under the forehead so the head is aligned with the spine and the face is off the bed/floor.
- Slowly lift your shoulders and arms and squeeze the shoulder blades together, hold for 2-3 seconds. Lower the arms slowly, and repeat.
- *As you improve, you can hold the position for longer, or move your arms out from your side (maximum in line with your shoulders) - just make sure you avoid hitching your shoulder up toward your ears, and stop if you are limited by pain.*
- **Aim for 10 repetitions, 3 sets**



Shoulder External Rotation:

- Lie face down on your bed, with the arm to be exercised hanging over the side and a towel under your upper arm.
- Start with your shoulder blade tucked back and down (maintain this throughout the exercise), your elbow in line with your shoulder, and your hand hanging down toward the floor.

- Lift your hand toward the ceiling in the direction of your head as far as you can, and hold 1-2 seconds before controlling the movement back to the start position, and repeat.
- *To progress the exercise, try holding a tennis ball / balled up socks, a can of your favourite tinned food, or a small weight (depending on strength and level of discomfort).*
- **Aim for 6-8 repetitions, 3 sets**



Isometric Shoulder Abduction:

- Stand side-on to a wall, with your chin tucked in and your arm straight on the side of your body.
- Push the back of your wrist against the wall while keeping your body and head still.
- *Avoid leaning on the wall or use your body weight to push.*
- Relax and repeat.
- **Aim for 10 repetitions, 3 sets**



Tips:

- Make sure to stretch your neck and upper back, as stiffness/pain in these areas often exacerbate shoulder pain
- If you find the above exercises painful, or your symptoms do not improve, we advise that you make an appointment with a Physiotherapist for an assessment