

SPORTS ORTHOPEDICS INSTITUTE

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Shoulder Impingement Exercises

1. Squaring of shoulders

Keep your arms relaxed. 'Square' your shoulder blades back. Hold it for 10 seconds, repeat 10 times. Do not let your back arch, breathe. If one shoulder is lower, 'square' it by lifting that one, up and back.



2. Shoulder lift

Lying face down, with head in front on a towel or turned towards shoulder. Keep arm relaxed by side. Lift shoulder straight up in air. Try and keep a gap approximately 5 cms between front of shoulder and bed. Hold the shoulder up for 30 seconds but arm relaxed by side. Repeat 4 times. Progress – by lifting the arm up and down (elbow straight), but keeping the shoulder blade up all the time. Aim to do this for 30 seconds. Repeat 5 times.



3. Shoulder shrug

Arms up overhead in a V shape. Little fingers against the wall, thumbs pointing back behind shoulders. Rest your arms against the wall. Shrug your shoulder blades up, letting the hands slide upwards. Progress by pulling shoulder blades together whilst they are shrugged up. Repeat 10 times.



4. Overhead stretch

Lie on your back with knees bent up and feet flat on floor/bed. Stretch your problem shoulder arm up overhead, using your other arm. Aim to try and get the upper arm towards the floor/bed. Repeat 3–5 times, holding for 20 seconds.



5. Cross body stretch

Take arm across your body. Giving a gentle stretch with your other hand at the elbow. Try and keep your shoulder down. The stretch should be felt at the back of the shoulder and upper arm. Repeat 3–5 times, holding for 20 seconds.

