

IMG PHYSICAL THERAPY

805 N. Richmond St., Suite 103 Fleetwood, PA 19522

IMGPT.COM 610-944-8140

Chris Gordos, DPT Center Manager

Eric Parrish, MPT Director of Rehabilitation

Shoulder Impingement Syndrome Exercise Program

Rehabilitation of the shoulder may take an extended period of time. A loss of strength, range of motion, and use is common with this condition but it can be regained. Strengthening of the rotator cuff and scapular muscles, stretching, and postural exercises are all an important part of your recovery.

When you are exercising on your own at home there are some things to remember....

- * If an exercise causes pain, especially sharp pain, it should be modified or discontinued until you notify your therapist as it is negatively affecting your healing.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling after exercise.
- * If you experience recurring pain with exercise lower the resistance; lower the number of sets or repetitions; or perform the motion in a pain free range.
- * Some muscle soreness, fatigue, and stretching sensations are normal, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise.

Strength exercises are to be done 3 to 5 days per week for 2 sets of 15 repetitions.
Stretching exercises are to be done once per day, holding 30 seconds, repeating 3-5 times.

Ice for 15 minutes after exercise and at the end of the day.
Do not ice before exercising.



Corner Stretch:

While standing at a corner of a wall, place your arms on the walls in the shape of a "W" so that your elbows are bent and pointed towards the ground as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Hold 30 seconds, then relax. Repeat 3-5 times.



Crossed Arm Stretch:

Grasp your elbow and gently pull it across the front of your body until you feel a comfortable stretch along the outside of your arm and into the back of your shoulder. Hold 30 seconds, then relax. Repeat 3-5 times.



Self Mobilization Inferior Glide:

While seated, grasp the side of the seat with the affected arm and slowly lean the opposite direction until a gentle stretch is felt at the shoulder. Your affected shoulder should be fully relaxed. Hold for 15-30 seconds. Repeat 3-5 times. If you notice any numbness or tingling in the affected arm, relax and decrease the amount of stretch on the arm.



Scapular Retractions:

While standing, draw your shoulder blades back and down towards your spine. Repeat 15 times. Perform 2 sets.



Scapular Protractions/Punches:

Lie on your back with your arms extended out in front of your body and towards the ceiling. While keeping your elbows straight, push your shoulders forward so that your fist moves towards the ceiling. Keep your elbows straight the entire time. Start with no weight at all and gradually increase weight 1 pound at a time as needed for proper resistance. Repeat exercise 15 times. Perform 2 sets.



Scapular Alphabet Wall:

Hold arm to 90 degrees and gently press ball into wall with your palm. As you are pressing, move the ball to trace the letters of the alphabet. Use small and controlled motions to do so. Repeat 2 times.



Isometric Adduction:

Gently push your elbow into your side with your elbow bent. Hold 10 seconds. Repeat 10 times.



Isometric Internal Rotation:

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time. Hold 10 seconds. Repeat 10 times.



Isometric External Rotation:

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold 10 seconds. Repeat 10 times.

**** Note: For the exercise below, do NOT raise arm above shoulder height. ****



Standing Shoulder Flexion:

Begin this exercise without weight. Progress to holding dumbbells when able. With your elbows straight and down by your side, slowly raise them up in front of your body. Repeat 15 times. Perform 2 sets.



Standing Shoulder Abduction:

Begin this exercise without weight. Progress to holding dumbbells when able. While holding a weight and elbow straight, bring up your arm to the side. Repeat 15 times. Perform 2 sets.



Standing Shoulder Scaption:

Begin this exercise without weight. Progress to holding dumbbells when able. Slowly raise up your arm up with elbow straight in the plane of the scapula or 45 degrees to the side. Repeat 15 times. Perform 2 sets.



Theraband Diagonals:

While holding an elastic band across the lower half of your body, pull the band upwards and outwards to your opposite side. Your hand should start in the thumb-back position and end in the thumb-up position. Slowly lower your hand back to the starting position. Repeat 15 times. Perform 2 sets.



Prone Extension:

Lying face down with your elbows straight, slowly raise your arms upward towards your side while keeping your elbows straight. Begin this exercise with no weight and progress to dumbbells as able. Perform 2 sets of 15 repetitions.



Sidelying External Rotation:

Progress to these after you master the isometrics above. Lie on your unaffected side and hold a weight with your elbow bent and rested at your side. Next, draw up your arm from the ground towards the ceiling. Perform 2 sets of 15 repetitions.



Sidelying Internal Rotation:

Progress to these after you master the isometrics above. Lie on your affected side and hold a weight with your elbow bent and rested near your side. Next, draw up your arm from the ground towards the ceiling and across your body. Perform 2 sets of 15 repetitions.