

5 Anterior wall slide



Reps: 12-15 Freq: 4X/day

Stand facing a wall and place the side of your hands in front of you on the wall. Slowly slide your hands up the wall. Keep your shoulder blades back and down. Lower to the starting position and repeat.

6 Serratus punch



Reps: 15 Freq: 4x/day

In crook lying, bring one hand over your shoulder. Keeping the thoracic spine on the floor, try to bring the hand closer to the ceiling without lifting your shoulder to your ear or arching the lower back.

7 Subscapularis strengthening



Stand, place the back of your hand on your buttock and lift your arm slightly away from your buttock without letting your shoulder or your trunk move forward. Lower your arm slowly and repeat.

Notes :

shoulder stretches

1 Pectoralis stretch



Stand straight next to a post.
Place your hand against the post at shoulder height as you rotate your body to the opposite side.
Hold the position when you feel a comfortable stretch in front of the shoulder and/or chest.

2 Passive horizontal add.



Stand and pull the tip of your shoulder backwards before you bring your hand towards the opposite shoulder.
Add a pressure to your elbow with the other hand until you feel a stretch behind your shoulder.
Maintain the position and relax.

3 Stretching side bending

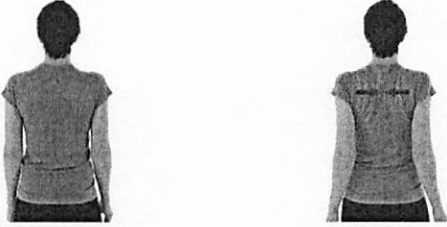


Lift one arm and bring it up and across your head.
Sit straight and place the palm of your hand on your head.
Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck.
Maintain the position.
Do not turn your head or tilt it forward or backwards while you perform this stretch.

Notes :

Shoulder Impingement Exercises

1 Shoulder blade squeeze



Tuck your chin slightly and keep your spine tall. With your arms relaxed on your side squeeze your shoulder blade together with shrugging them.

Gently relax the position and repeat.

3 Shoulder external rotation



Tuck your elbows in by your sides, and position your forearms so that they are perpendicular to your upper arms. Move your hands out to the side, and as far away from each other as you can, while keeping your elbows in contact with your sides. To progress, repeat with an elastic.

2 1 arm DB row



In a split stance position, bend over with back straight.

Row the dumbbell without rotating the trunk. Keep the shoulder back and chest up.

Keep the head still during the movement.

4 Bent-over "T" raise



Stand up back to a wall, table, countertop or any other solid surface.

Bend over to get the trunk at 45° while pushing your hips back toward the surface behind you so they rest against it. Your spine should remain in neutral, your head aligned and your knees slightly bent.

With your shoulders back and down and thumbs turned outward, raise your arms up to shoulder level while keeping your elbows straight.

Lower your arms and repeat.

Keep your thumb upwards at all times.