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Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Incidents Team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

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Shoulder Impingement Class

Exercise Programme

Shoulder Impingement Exercises

Weight Bearing on Table



Stand leaning on the table with your hands under your shoulders slightly turned out and palms flat.

Push through your chest bone and keep your back straight.

Gently move your weight through your arms:

- Side to side, 30 seconds
- Forwards and backwards, 30 seconds
- Circle clockwise and anti-clockwise, 30 seconds

Turn your hands outwards slightly and repeat as above.

Note: do not hollow through your shoulders and maintain good posture by gently contracting your abdominal muscles.

Shoulder Impingement Exercises

All Fours



Start on all fours with your hands under your shoulders, slightly turned out and your knees under your hips.

Push through your chest bone and keep your back straight.

Gently move your weight through your arms:

- Side to side, 30 seconds
- Forwards and backwards, 30 seconds
- Circle clockwise and anti-clockwise, 30 seconds

Note: do not hollow through your shoulders or through your back and maintain good posture by gently contracting your abdominal muscles.

Shoulder Impingement Exercises

Posterior Shoulder Stretch



Stand sideways to the wall.

Rest your affected shoulder and upper arm on the wall as shown

Note: this must not hurt; if uncomfortable place the arm in a lower position

Use the other hand to gently push down on the arm as shown. Stop when you can feel the stretch.

Now push up into the top hand without allowing any actual movement. Hold 5 seconds, and then relax. You will find that you can increase the downward movement.

Repeat 3 times and hold the last stretch for 10 seconds.

Shoulder Impingement Exercises

Theraband Pull Outs



Position 1



Position 2

Stand with correct shoulder posture and a rolled up towel under you affected arm. Hold the band in both hands, shoulder width apart.

Keep your elbows bent and slightly in front of your shoulders, (Position 1).

Pull your affected arm out to the side, stretching the band, whilst taking a step to the same side, (Position 2).

Note: make sure you rotate around your elbow and do not just straighten your elbow out. Maintain good posture.

Slowly return to the start position whilst resisting the tension from the band. Relax.

Repeat 10 times.

Shoulder Impingement Exercises

Theraband Push Ups



Position 1



Position 2

Hold a loop of theraband around both hands with thumbs pointing up to the ceiling, (Position 1).

With correct shoulder posture, pull outwards on the band.

Note: keep your hands wider than your elbows.

Reach both arms up to the ceiling forming a 'V' and step one leg forwards with the same side as the affected shoulder, (Position 2).

Slowly return to the start position maintaining the tension on the band.
Relax.

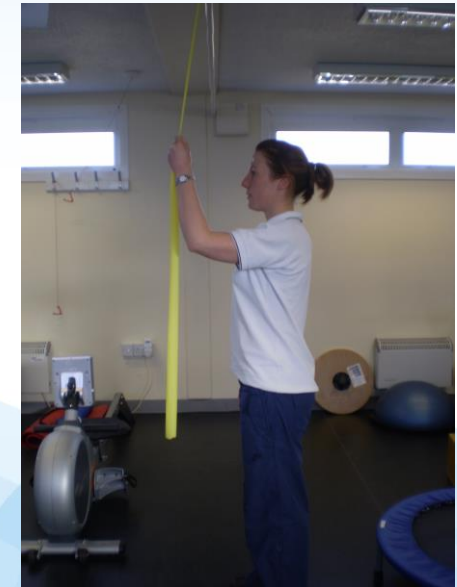
Repeat 10 times.

Shoulder Impingement Exercises

Theraband Pull Downs



Position 1



Position 2

Tie the theraband over head and firmly secure.

With your pain free arm, pull the theraband down, (Position 1).

Take hold of the band with you affected hand.

Maintain good shoulder posture whilst slowly raising your arm against the resistance of the band, (Position 2).

Keeping good posture slowly pull the band down to your waist.

Note: it is important that you do not let your shoulder drop or bend your body to the side.

Repeat 10 times.