

Shoulder Pain Exercises



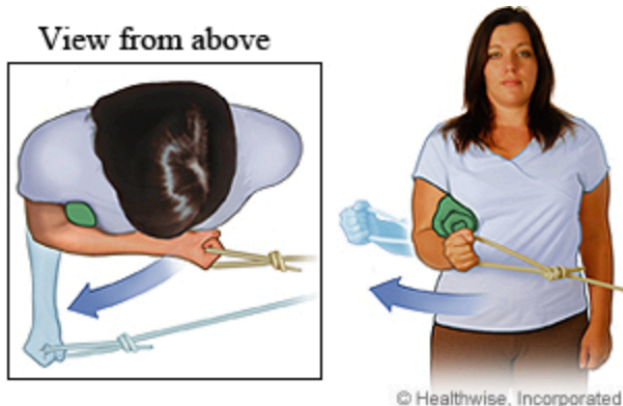
Pendulum Swing



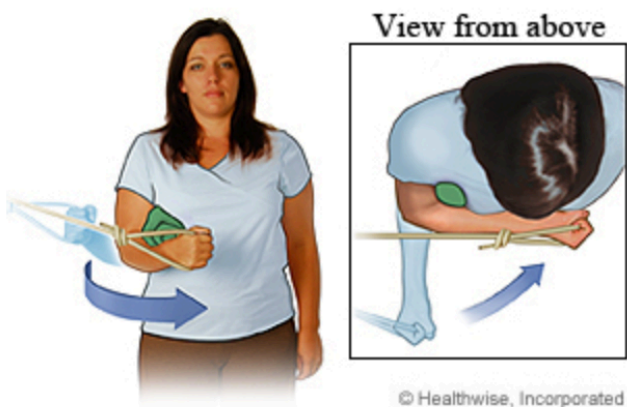
Shoulder Rolls



Shoulder Blade squeeze



External Rotator Strengthening Exercise



Internal Rotator Strengthening Exercise



Lower Neck and Upper Back Stretch

Pendulum Swing: Hold on to a table or the back of a chair with your good arm. Then bend forward a little and let your sore arm hang straight down. This exercise does not use the arm muscles. Rather, use your legs and your hips to create movement that makes your arm swing freely. Use the movement from your hips and legs to guide the slight swinging arm back and forth like a pendulum. Then guide it in circles that start small. Make the circles a bit larger each day, as your pain allows. Do this exercise for 5 minutes, 5 to 7 times each day.

As you have less pain, try bending over a little farther to do this exercise. This will increase the amount of movement at your shoulder.

Shoulder Rolls: Sit comfortably with your feet shoulder-width apart. You can also do this exercise while standing. Roll your shoulders up, then back, and then down in a smooth, circular motion. Repeat 2 to 4 times.

Shoulder blade squeeze: Stand with your arms at your sides, and squeeze your shoulder blades together. Do not raise your shoulders up as you squeeze. Hold for 6 seconds. Repeat 8 to 12 times.

External Rotator Strengthening Exercise: Start by tying a piece of elastic exercise material to a doorknob. You can use surgical tubing or Thera-Band. Stand or sit with your shoulder relaxed and your elbow bent 90 degrees. Your upper arm should rest comfortably against your side. Squeeze a rolled up towel between your elbow and your body for comfort. This will help keep your arm at your side.

Hold the end of the elastic band with the hand of the painful arm. Start with your forearm across your belly. Slowly rotate the forearm away from your body. Keep your elbow and upper arm tucked against the towel roll or the side of your body until you begin to feel tightness in your shoulder. Slowly move your arm back to where you started. Repeat 8 to 12 times.

Internal Rotator Strengthening Exercise: Start by tying a piece of elastic exercise material to doorknob. You can use surgical tubing or There-Band. Stand or sit with your shoulder relaxed and your elbow bent 90 degrees. Your upper arm should rest comfortably against your side. Squeeze a rolled towel between your elbow and your body for comfort. This will help keep your arm at your side. Hold one end of the elastic back in the hand of the painful arm. Slowly rotate your forearm toward your body until it touches your belly. Slowly move it back to where you started. Keep your elbow and upper arm firmly tucked against the towel roll or at your side. Repeat 8 to 12 times.

Lower neck and upper back stretch: Stretch your arms out in front of your body. Clasp one hand on top of your other hand. Gently reach out so that you feel your shoulder blades stretching away from each other. Gently bend your head forward. Hold for 15 to 30 seconds. Repeat 2 to 4 times.