

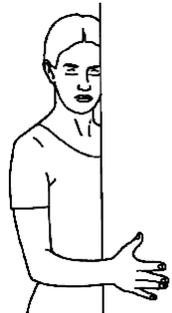
## Strengthening Exercises



Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Hold approx. \_\_\_ secs.

Repeat \_\_\_ times.



Stand in a doorway with your elbow close to your body and bent at a right angle. Place your hand against the wall.

Push your hand inwards against the wall. Hold \_\_\_ secs. Relax.

Repeat \_\_\_ times.

## SHOULDER IMPINGEMENT

### What is shoulder impingement?

This is a common condition in the shoulder normally the result of soft tissue being 'pinched' between more solid structures eg. a tendon between two bony surfaces.

### What are the symptoms:

Often the main complaint is of upper arm pain on specific movements or activities such as putting on a coat or reaching. Sleep can also be affected when turning or lying on the affected side. Its cause is unknown but likely due to several factors rather than any single one and is most commonly found in people in their middle age.

## What is the Cause ?

- Poor posture
- Past injuries including overuse with inflammatory episodes
- Stiffness in surrounding joints and/or soft tissues
- Reduced space between the bony structures in the shoulder

## What are the treatment options:

- Physiotherapy
- Exercises
- Anti-inflammatory medication
- Injection
- Keyhole surgery

## General advice:

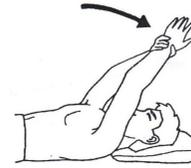
Check sitting posture especially if sitting long hours at a desk or on a computer

Revise/change aggravating activities eg activities with arm out to the side change to movement in the front (forward position).

Exercises to reduce stiffness, and improve shoulder Positioning

## Exercises

**All exercises should be PAIN FREE**



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Lying on your back with elbows straight. Use one arm to lift the other arm up keeping it as close to the ear as possible. Repeat 3-5 times.



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Sit on a chair with your arm supported on a table. With your other hand push the top of your upper arm downwards. Hold approx. 3 secs/ Repeat 3 times



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Sit or stand. Roll your shoulders back 'positioning' Repeat throughout the day.



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Sit with your back straight and feet firmly on the floor. Pull your shoulder blades together while turning your hands outwards. Repeat 3 -5 times



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Stand and grip one end of a stick with the arm to be exercised.

Lift your arm \_\_\_ degrees to the side, assist by pushing with the other hand.