



Subacromial Shoulder Pain Exercise Programme

Stage 1



Subacromial Shoulder Pain

Information and Advice

Subacromial Pain:

Subacromial impingement is a term used for a wide range of conditions that cause pain originating from the subacromial space of the shoulder. Pain is experienced when the subacromial space is narrowed and causes inflammation of the tissue present in the subacromial space called the 'bursa'.

Pain is often felt over the point of the shoulder and upper arm and radiates down towards the elbow. Pain in the shoulder is commonly increased by reaching up to a high shelf or reaching behind to put the affected arm into the sleeve of a coat. It may also cause pain that is particularly noticeable at night even when not moving the arm. The pain can lead to weakness of the arm if the problem is ongoing.

Research has demonstrated that if people with subacromial impingement do the right exercises, they can successfully treat themselves.

Exercise Programme:

By consistently doing this daily exercise programme, your shoulder should start to feel better within 6 to 12 weeks.

Initially you may only be able to move your arm a small amount, but in time this will improve.

You may feel a small amount of pain while exercising but this should go within 30 minutes and should not be worse the next day. Reduce the repetitions of the exercise if you get increased pain and then gradually build up again.

It may take 6 weeks before you start to feel any improvement.

If there is no improvement after 6-12 weeks, or your shoulder gets worse despite the exercises, book an appointment to see Mr Wijeratna.



Subacromial Shoulder Pain

Wall Slide

Start



End



3 sets of 8 repetitions

Rest for 1 minute between sets

Stand in a split stance facing a slick wall, mirror or window with a towel between your hands and the wall.

Place the edges of your hands against the wall with your thumbs facing you.

Gently push into the wall and shift your weight forward as you slide the arms up on the wall.

Slide down with the arms as you move the body back.

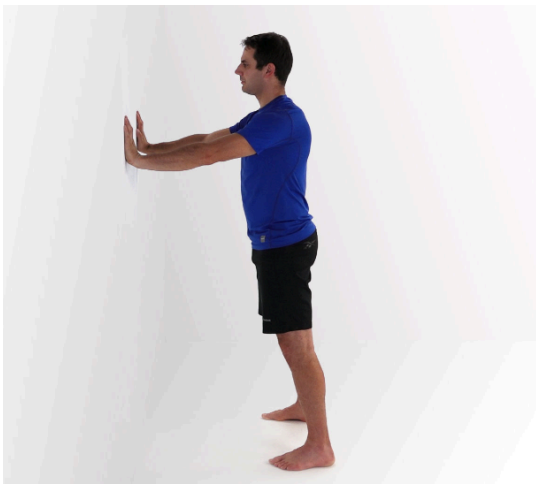
When you can do this exercise easily you can progress by doing it without the support of the wall and adding a light weight.



Subacromial Shoulder Pain

Wall Push Up

Start



End



3 sets of 8 repetitions
Rest for 1 minute between sets

Stand about a foot away from a wall while facing it and place your hands on the wall at shoulder level with your hands turned out slightly.

Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.

When you can do this exercise easily you can progress and increase load by moving your feet further from the wall.



Subacromial Shoulder Pain

Supported Shoulder External Rotation

Start



End



Sit with your elbow bent 90 degrees and resting on a table at shoulder height.

While keeping the elbow resting on the table, raise your hand and direct it backwards to initiate shoulder rotation. Keep the elbow angle at 90 degrees.

Return to the initial position.

Build up to 20 repetitions.

Start



End




When it is easy for you to do 20 repetitions, you can add a light weight – start with half kilo or a small 500ml water bottle. As the exercise gets easier you can increase the weight by 0.5kg at a time, up to 2kg.




Subacromial Shoulder Pain Exercise Programme

You can record the number of repetitions you do and the weight used to track your progress over 6 to 12 weeks

Week:

1. Wall Slide	Sets: 3 Reps: 8 Freq: daily						
							

2. Wall Push Up	Sets: 3 Reps: 8 Freq: daily						
							

3. Supported Shoulder External Rotation	Reps: up to 20 Freq: daily Gradual increase in weight						
