



# Subacromial Shoulder Pain Exercise Programme

## Stage 2



Following an injury or surgery, an exercise conditioning programme will help you to restore function for activities of daily living, as well as sport and recreational activities. This programme includes physiotherapy approved exercises for rotator cuff and shoulder strengthening and flexibility, including a diary to keep track of your progress.

You should seek guidance from Mr Wijeratna or your physiotherapist about which of these exercises will help you meet your rehabilitation goals. **You should not experience pain doing these exercises. If you do seek guidance from your consultant or physiotherapist.**

### **Stretching:**

It is important to stretch the muscles you strengthen to restore range of movement and prevent injury. Gently stretching before and after exercises can help reduce muscle soreness and keep muscles long and flexible.

### **Strengthening:**

Targeted strengthening will help keep your shoulder stable and can relieve shoulder pain.

Ensure that over time you gradually increase the weight or resistance during strengthening exercises.

Always start with the lowest weight or no weight until you can do the prescribed repetitions comfortably.

Before increasing the weight, increase your repetitions by 5 and your sets by 1 first.

Progress to a maximum of 2.5kg weight, reverting to the lower repetitions after each increase.

### **Equipment:**

Small hand weights starting at 0.5kg and progressing to a maximum of 2.5kg

Resistance bands - start with a low resistance and gradually increase.

Please be aware that different brands of resistance bands and tubing have different colours for the levels of resistance. 'Theraband' resistance band and tubing is a frequently used brand with low resistance starting at yellow, progressing through red, green, blue to black. Other brands may have a different colour for each resistance.

As a general rule you are looking to use a very low resistance, progressing up to a medium resistance with whichever brand you use.

### **Duration:**

Continue these exercises for 4 to 6 weeks unless otherwise stated by your consultant or physiotherapist.

Stretches should be done daily and strengthening should be done 3 times a week, progressing as advised.



# Rotator Cuff Stretches

**Stretching is important to restore range of motion and prevent injury.**

**These exercises should be done daily as well as before and after your strengthening programme.**

**You should not feel pain during these exercises.  
Seek guidance if you have increased pain during these exercises.**

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## Rotator Cuff Stretches 1. Shoulder Pendulum

**Start**



**End**



**Sets: 2**  
**Reps: 10**  
**Frequency: daily**

Using the chair for support, lean your body forward so that your arm is hanging loosely towards the ground.

Sway your arm forward, outward, backward, and towards the inside to draw a circle.



## Rotator Cuff Stretches 2. Posterior Cuff Stretch

**Start**



**End**



**Sets: 2**  
**Reps: 4**  
**Frequency: daily**  
**Hold: 30 seconds**  
**Rest: 30 seconds**

Stand straight and bring one arm in front of your body at shoulder height.  
Use the opposite arm to lightly push on your elbow to accentuate the stretch.  
Hold the position when you feel a comfortable stretch behind the shoulder.  
Do not rotate the trunk.



## Rotator Cuff Stretches 3. Passive Internal Rotation

Start



End



**Sets: 2**  
**Reps: 4**

**Frequency: daily**  
**Hold: 30 seconds**  
**Rest: 30 seconds**

Start in standing with the stick held behind your back with the palms facing away. Use your uninvolved arm to move your involved arm up and across your back to the point of feeling a pull without pain. Hold the position for 30 seconds and repeat.



## Rotator Cuff Stretches 4. Passive External Rotation

Start



End



**Sets: 2**  
**Reps: 4**  
**Frequency: daily**  
**Hold: 30 seconds**  
**Rest: 30 seconds**

Sit down and put a towel roll or pillow under the affected elbow with the elbow bent to 90°. Use a stick to move the arm into external rotation to the point of feeling a pull without pain. Hold for 30 seconds in the stretched position then relax.



## Rotator Cuff Stretches

# 5. Sleeper Stretch

**Start**

**End**



**Sets: 2**

**Reps: 4**

**Frequency: daily**

**Hold: 30 seconds**

**Rest: 30 seconds**

Lie on your side with your elbow on the ground positioned slightly lower than the shoulder, toward the belly.

Set the scapula in the right position for the stretch by slightly leaning back. Bend your knees for increased stability.

Make sure your shoulder is retracted (not in a rounded position) and place the opposite hand on top of your wrist. Use the top hand to gently push down on the wrist, rotating the arm inward, until a comfortable stretch is felt in the shoulder.



# Rotator Cuff and Shoulder Conditioning Programme

## Rotator Cuff Stretches

Date:

### 1. Shoulder Pendulum

Sets: 3 Reps: 8 Freq: daily



### 2. Posterior Cuff Stretch

Sets: 2 Reps: 4 Freq: daily  
Hold: 30 secs Rest: 30 secs



### 3. Passive Internal Rotation

Sets: 2 Reps: 4 Freq: daily  
Hold: 30 secs Rest: 30 secs



### 4. Passive External Rotation

Sets: 2 Reps: 4 Freq: daily  
Hold: 30 secs Rest: 30 secs



### 5. Sleeper Stretch

Sets: 2 Reps: 4 Freq: daily  
Hold: 30 secs Rest: 30 secs





# Rotator Cuff Strengthening

**Strengthening the muscles that support the shoulder can help keep the joint stable and relieve shoulder pain.**

**Start all these exercises with a low weight or band resistance, around 0.5kg.**

**Progress by increasing the number of repetitions of each exercise.**

**Once this is comfortable, increase the resistance by 0.5kg (up to a maximum of 2.5kg) and reduce the repetitions.**

**Repeat this process as your strength increases.**

**You should not feel pain during these exercises.**

**Seek guidance if you have increased pain during these exercises.**



## Rotator Cuff Strengthening 6. Standing Row

Start



End



**Sets: 3**  
**Reps: 8**

**Frequency: 3x a week**

Anchor a band at chest level and stand tall with feet staggered. Hold your resistance band so that the arms are straight and the band has no slack in it. Exhale to engage your core and pull the upper arms back, squeezing the shoulder blades back and down, stopping the arms when the elbows are just under the shoulders.

Hold the position slightly, then slowly return to start position, releasing the tension slowly from the mid-shoulder blade area. Switch the forward leg between sets.

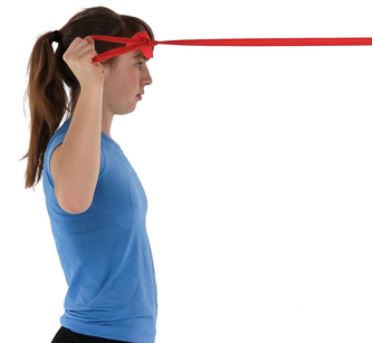


## Rotator Cuff Strengthening 7. External Rotation, 90° Abduction

Start



End



**Sets: 3**  
**Reps: 8**

**Frequency: 3x a week**

Stand and tie an elastic in front of you at shoulder level. Hold the end of the elastic, bend your elbow to 90 degrees, and lift your arm out to the side to 90 degrees. Pull the tip of your shoulder backwards while you rotate your forearm upwards, keeping your elbow bent. Slowly return to the initial position and repeat.



## Rotator Cuff Strengthening 8. Shoulder Internal Rotation

Start



End



**Sets: 3**  
**Reps: 8**

**Frequency: 3x a week**

Stand sideways in front of a closed door with an elastic exercise band attached to it.  
Bend your elbow closest to the door to 90 degrees.  
Hold the elastic in your hand and pull it inwards by rotating the arm to bring the palm toward the stomach.



## Rotator Cuff Strengthening

## 9. Shoulder External Rotation

Start



End



**Sets: 3**  
**Reps: 8**

**Frequency: 3x a week**

Stand sideways in front of a closed door with an exercise band attached to it.  
Bend your elbow farther from the door to 90 degrees.  
Hold the exercise band in your hand and pull it out to the side by rotating your forearm out.  
Slowly return to starting position.



## Rotator Cuff Strengthening 10. Elbow Flexion

**Start**



**End**



**Sets: 3**  
**Reps: 8**  
**Hold: 2 secs**  
**Frequency: 3x a week**

Place your arm at your side, elbow straight, hand in supination (palm upward) and holding a weight. Keeping your elbow at your side, bend your arm up while keeping the hand in supination, hold for 2 seconds. Return to the starting position and repeat.



## Rotator Cuff Strengthening 11. Elbow Overhead Extension

**Start**



**End**



**Sets: 3**  
**Reps: 8**  
**Hold: 2 secs**  
**Frequency: 3x a week**

Raise your arm overhead and provide support at the elbow with your opposite hand. Straighten your arm overhead, hold for 2 seconds, then lower slowly. Repeat.



## Rotator Cuff Strengthening 12. Horizontal Abduction

Start

End



**Sets: 3**

**Reps: 20**

**Frequency: 3x a week**

Start in a split stance and lower your trunk forward with a neutral spine, bending at the hips.

Start with the arm opposite of the front leg.

Lift the arm out on the side, keeping it aligned with your shoulder.

Lower under control and repeat.

Keep your body still and head aligned with your spine.



## Rotator Cuff Strengthening 13. Scapular Setting

Start

End



**Reps:10**

**Hold: 10 secs**

**Frequency: 3x a week**

Clasp your hands in front of you.

Squeeze your shoulder blades back and down towards your spine.

Hold for 10 seconds then relax.

Repeat.



# Rotator Cuff and Shoulder Conditioning Programme

## Rotator Cuff Strengthening

Date: \_\_\_\_\_

**6. Standing Row** Sets: 3 Reps: 8 Freq: 3x a week



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**7. External Rotation, 90° Abduction** Sets: 3 Reps: 8 Freq: 3x a week



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**8. Shoulder Internal Rotation** Sets: 3 Reps: 8 Freq: 3x a week



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**9. Shoulder External Rotation** Sets: 3 Reps: 8 Freq: 3x a week



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**10. Elbow Flexion** Sets: 3 Reps: 8 Hold: 2 secs Freq: 3x a week



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**11. Elbow Over Head Extension** Sets: 3 Reps: 8 Hold: 2 secs Freq: 3x a week



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# Rotator Cuff and Shoulder Conditioning Programme

## Rotator Cuff Strengthening

Date: \_\_\_\_\_

**12. Horizontal Abduction** Sets: 3 Reps: 20 Freq: 3x a week



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**13. Scapular Setting** Reps:10 Hold: 10 secs Freq: 3x a week



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