

Exercise plan:  
**Shoulder Pain**

Patient:  
**Physio Specialists Ltd**

Date:  
**11th May 2020**



### Active Flexion

Lift your arm above your head, as far as feels comfortable. Keep your arm directly in front of you. Stop when you feel pain. Slowly lower your arm. This will help improve the mobility of your arm. As you get more comfortable with the exercise, you can increase the range of movement.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/YcyVC4EzUil>



### Passive Flexion Arm Lift Full

Use your good arm to lift your painful arm (which should stay relaxed). Take your arm as high as feels comfortable. Stop when you feel pain, and slowly lower your arm. This exercise will help improve your shoulder mobility.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/UUVMNEE-4h8>



### Isometric Flexion

Resist lifting your arm forwards. Your arm should not move. This is a strengthening exercise for the shoulder (mostly to the anterior deltoid, or front shoulder muscle).

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/6dkNeMpCgjU>



### Pendulum 2

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently from front to back. Try to let momentum and gravity move your arm. Go forwards and then backwards. This exercise is a great way to passively mobilise a stiff shoulder.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <https://youtu.be/Tl0jilx5WM>

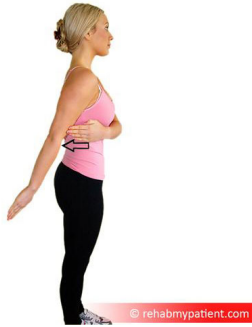


### Active Extension

Move your arm backwards behind your body. When you reach the end of your comfort zone, return to neutral. This exercise improves mobility to your shoulder.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/L3FadLiQzhk>



### Passive Extension

Use your good arm to push your other arm backwards, as far as feels comfortable. The arm being pushed should stay completely relaxed. This exercise improves mobility to your shoulder.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <https://youtu.be/P5Dr4M6gy3E>



### Isometric Extension

Resist extending your arm backwards. Your arm should not move. This exercise will predominantly strengthen the posterior deltoid (back shoulder) muscle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/7-icarCjFUc>



### Pec Stretch

Bend your elbow 90 degrees, and rest your forearm against a door frame or wall, with your fingers pointing towards the ceiling. Lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/OHtz3C0v9IM>



### Pec Stretch Straight Arm

Hook your fingers around a door frame or corner of a wall, and lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: [http://youtu.be/c8ln\\_nWYMyM](http://youtu.be/c8ln_nWYMyM)



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## Teres Major Stretch Standing

Stand up and place your arm up towards your ear. Wrap your arm over and around your head. You should feel a gentle stretch just beneath your arm pit. This is the teres major stretch.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <https://youtu.be/q7hPoA4dID4>



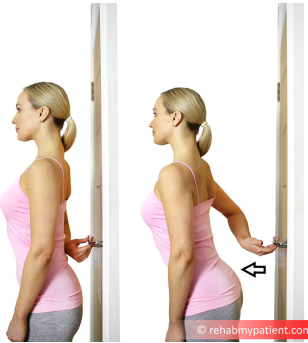
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## Mid-Deltoid Stretch

Place your arm across your chest, and resist pulling your arm away from your body. Your arm should not move. This exercise stretches the mid-deltoid muscle located in the upper arm and shoulder.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/CPnpQVDzVgM>



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## Teres Minor Door Stretch

Stand up with your back next to a closed door. Hold the door handle. Take a small step forwards, and then lean forwards. With some practice, you should be able to feel a stretch around the outside of your shoulder blade.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: [https://youtu.be/rlur\\_HRH8Y8](https://youtu.be/rlur_HRH8Y8)



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## Towel Dryer

Your good arm holds the towel above your head, and your sore arm relaxes behind your back. Lift your sore arm by pulling upwards with your good arm. You will feel a stretch/discomfort deep in your shoulder. Sometimes if your shoulder is sore, this exercise can be uncomfortable, but it does increase the mobility of your shoulder.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/y5UjFMCj5KQ>



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## Sleeping Position

Lying on your comfortable side (i.e. the non-affected shoulder), place a folded pillow under your sore arm. You can also place a pillow behind your back to help alert you if you try to turn over on to your bad shoulder in the night.

Video: <http://youtu.be/YjSZGtHTJs4>

## Your Advice Sheet

Please click on the attachment below for the advice sheet

[www.physio-specialists.co.uk](http://www.physio-specialists.co.uk)  
**- Frozen Shoulder.pdf**

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [headoffice@physio-specialists.co.uk](mailto:headoffice@physio-specialists.co.uk). Good luck and keep with it!