

Exercise plan:
RCRSP moderate website

Patient:
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Date:
13th Apr 2020



Scapular Control with Flexion

Rest your forearms against a wall, in front of you. Slowly slide your arms above your head, while focussing on the movement of your shoulder blades upwards and outwards. At your comfortable end of range, slowly do the opposite as you come back down. Remember to move your shoulder blades slowly throughout the whole movement as you lift your arms up. This exercise helps improve shoulder blade control, and can reduce shoulder impingement.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/5Cl6merCy7w>



Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/w8in7tdjsaY>



Isometric Shoulder Flexion Wall

Stand facing a wall. Decide If you wish to use a bent arm, or a straight arm. It does not really matter which you choose. Push your arm in front of you, into the wall. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

Hold for 3 | Repeat 10 times | Perform 3 times daily

Video: <https://youtu.be/WCec1F7KfBI>

Isometric Shoulder External Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm outwards away from your body, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

Hold for 3 | Repeat 10 times | Perform 3 times daily

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



Desk External Rotation with DB

Resting your forearm on a desk, with your arm bent at 90 degrees, rotate your arm outwards away from the table while holding a dumbbell. Your elbow stays in contact with the desk the whole time. This is a strengthening exercise for the rotator cuff shoulder muscles.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/6W4M6XCOWYc>

