

Exercise plan:
**Rotator cuff related shoulder pain
EASY**

Patient:
CHCP WEBSITE EXERCISES

Date:
18th Jul 2022

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them, and seek professional advice. If it seems to be one exercise, stop that one and seek professional advice if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



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.

Repetitions: 15 | Time: 2 to 3 times a day

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



Passive Flexion Arm Lift Full Lying

Lie down or sit in reclined position.

Use your good arm to lift your painful arm. Make sure your painful arm stays 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.

Repetitions: 10-15 | Time: 2 to 3 times daily

Video: <http://youtu.be/YAsXd45FmGo>

Isometric Internal Rotation



Tuck your elbow in, keeping it next to your body. Push your forearm inwards towards your stomach, at the same time resist the movement of your other hand (Your arm should not move). Hold the push for a count of 3, then relax.

This is an important strengthening exercise for the rotator cuff shoulder muscles.

(If this is very painful, try not pushing as hard)

Repetitions: 8 to 12 | Time: 2 to 3 times daily

Video: <http://youtu.be/lvhiX2PuoMc>



Isometric External Rotation Door Frame

Tuck your elbow in, keeping it next to your body the whole time. Line your hand/forearm up against and wall or door frame. Push your hand/forearm outwards, away from your stomach by pushing against a door frame. Your arm should not move. Hold the push for a count of 3, then relax.

This is a strengthening exercise for the rotator cuff shoulder muscles. (If this is very painful, try not pushing as hard)

Once these exercises are easy, move on to the next set

Repetitions: 8 to 12 | Time: 2 to 3 times daily

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