

Exercise plan:
Rotator cuff related shoulder pain
MODERATE

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.



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.

Repetitions: 12 to 20 | Time: 2 to 3 times a day

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



External Rotation to Internal Rotation Sitting 2

- 1) Sit next to a table. Place the elbow on some towels or cushions so your shoulder rests higher. Bend the elbow to a right angle. Palm faces forwards, as in the picture.
- 2) Slowly rotate your shoulder; lower the hand so the palm faces towards the floor. Raising the hand to return to the start position.
- 3) HOLD A LIGHT WEIGHT (e.g. a small bottle of water), now repeat the movement with the weight. This is to strengthen the rotator cuff muscles in the shoulder. Use a heavier object if it feels easy, but it shouldn't be painful. It is ok if you can't raise the palm as high as the picture.

Repetitions: 12 to 20 | Time: 2 to 3 times a day

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



Sit to Stand with Arms in Elevation

Stand in front of a chair with your elbows bent and fists clenched. As you sit on the chair, elevate both arms above your head as far as feels comfortable. Return to the start position flexing your elbows and moving your arms back down as you stand up. This is an elevation re-education exercise for the shoulder.

Repetitions: 12 to 20 | Time: 2 to 3 times a day

Video: <https://youtu.be/MHNCrCv35-w>



Pendulum

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

Repetitions: 12 to 20 | Time: 2 to 3 times a day

Video: <http://youtu.be/YYvI59eU78M>