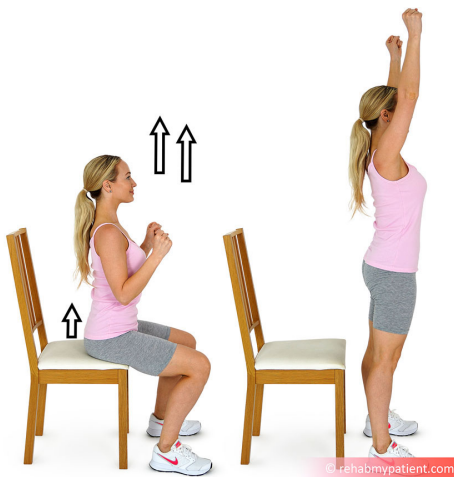


<p>Exercise plan: Rotator cuff related shoulder pain ADVANCED</p>	<p>Patient: CHCP WEBSITE EXERCISES</p>	<p>Date: 18th Jul 2022</p>
--	---	---------------------------------------

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.



Sit to Stand with Arms in Elevation

- 1) HOLD A LIGHT WEIGHT IN BOTH HANDS (like a small full water bottle).
- 2) Sit on a chair with elbows bent, hands/weights near the shoulders.
- 3) Stand up. As you stand, raise both arms straight above your head as far as feels comfortable, pushing the weights upwards.
- 4) Sit back down, bending your elbows/lowering your arms back to the start position.

This is an elevation re-education exercise for the shoulder. Use heavier objects/weights when this feels easy. The shoulders should feel tired, not sore.

Sets: 2-3 sets a day, 4-6 days a week | Repetitions: 12 to 20

Video: <https://youtu.be/MHNcRcV35-w>



Drawing the Sword with Dumbbell

Grasp a light weight or object, Start the movement near your opposite knee, with your palm facing backwards. Lift the weight/arm across the body, to arrive above your head and to the side. At the top of the movement, your palm should be facing forwards. (Imagine you are drawing a sword out of its sheath). Return to the start position.

This is a great mobility and strengthening exercise for your shoulder. Use a heavier object/weight when this feels easy. The shoulder should feel tired, not sore.

Sets: 2-3 sets a day, 4-6 days a week | Repetitions: 12 to 20

Video: <http://youtu.be/Rc12Jrpqjlo>



Single Arm Bent Over Row with Dumbbell

- 1) Lean forwards to a 45 degree angle (you can lean on a chair or desk if needed).
- 2) Hold a light weight or object with a straight arm.
- 3) Pull the weight backwards with one hand keeping your elbow tucked in close to your body.

This is a back and shoulder strengthening exercise. Use heavier objects/weights when this feels easy. The arm should feel tired, not sore.

Sets: 2-3 sets a day, 4-6 days a week | Repetitions: 12 to 20

Video: <http://youtu.be/WS8U9Dzzy70>

© rehabmypatient.com



Supported Rotator Cuff - External Rotation with DB

Sit to the side of a table. Keep your elbow bent at 90 degrees. Take your arm away from your body at a 30 degree angle. The table will provide support to your arm and elbow. Hold a 0.5kg dumbbell. Turn your first outwards. After you can perform this exercise pain-free, increase the weight in 0.5kg increments. Turn your first outwards then bring your arm back down to the table. This is a supported rotator cuff exercise.

Sets: 2-3 sets a day, 4-6 days a week | Repetitions: 12 to 20

Video: https://youtu.be/X_ssXl7trVM

© rehabmypatient.com