



**OSTEOPATHY  
SPORTS MASSAGE**

## GD Osteopathy & Sports Massage

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Exercise plan:  
**Shoulder impingement**

Patient:  
**Patient Exercises**

### Mid-Deltoid Stretch



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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.

**Sets: 2 | Time: hold 30 seconds | Both sides**

### Triceps Stretch



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Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. You should feel a stretch under your arm (between your elbow and shoulder). This exercise stretches the tricep muscle.

**Sets: 2 | Time: hold 30 seconds | Both sides**

### Passive Extension



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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.

**Sets: 2 | Time: hold 30 seconds | Both sides**



### 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.

**Sets: 2 | Time: hold 30 seconds | Both sides**



### 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.

**Sets: 2 | Time: hold 30 seconds | Both sides**



### Pendulum with Traction

Hold a weight in your hand. 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.

**Sets: 1 | Time: 30 seconds each way | Both sides**



### 3 Point Kneeling

Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Gently lift one hand 2-3cm off the floor. Use your other shoulder to stabilise you. This exercise strengthens the deep core muscles.

**Sets: 2 | Time: hold 10-60 seconds | Both sides**

### Internal Rotation with Band

Tuck your elbow in, keeping it next to your body, and move your arm inwards towards your stomach using the band as resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles.

**Sets: 3 | Repetitions: 20 | Both sides**



### External Rotation with Band

Tuck your elbow in, keeping it next to your body, and move your arm outwards away from your stomach, using the band for resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles.

**Sets: 3 | Repetitions: 20 | Both sides**



### Resisted Extension with Band Two Arms

Holding onto an exercise band, pull your arms backwards. Relax, and repeat. You will feel the muscles behind the back of the arms (triceps) contracting.

**Sets: 2 | Repetitions: 20**



### Drawing the Sword with Band

Start with your thumb pointing down, somewhere near your opposite knee, and taking the band lift your arm above your head and to the side. At the top of the movement, your thumb should be pointing upwards (i.e. the arm has turned out). 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.

**Sets: 2 | Repetitions: 20 | Both sides**





### Heat Lateral Shoulder (Sitting)

Place a heat pack or hot water bottle (make sure you wrap it in a thin towel) over the outside of your shoulder. Place it there for the required length of time.

**Time: 5 minutes**



### Ice Lateral Shoulder (Sitting)

Place an ice bag or pack of frozen peas (make sure you wrap it in a thin towel) over the outside of your shoulder. Place it there for the required length of time.

**Time: 10 minutes**

### 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.



1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breathe
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days