

Shoulder Impingement Exercises Handout

Exercise plays a crucial role in managing shoulder impingement syndrome by strengthening muscles and improving joint flexibility. Here are five effective exercises for shoulder impingement:

Isometric shoulder internal and external rotation

1. Place a rolled-up towel under the arm of the painful shoulder.
 2. Stand at a wall corner with your elbow bent at a 90-degree angle in front of you.
 3. Keeping your hand flat, push into the wall with 25% to 50% pressure.
 4. Hold this position for 10 seconds and repeat the exercise 10 times.
 5. Adjust your body position to press the outer part of your hand against the wall.
 6. Apply pressure at the same 25% to 50% intensity level and hold for 10 seconds, repeating the exercise for 10 cycles.
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Side-lying external rotation

1. Lie on your unaffected side with your head resting comfortably on a pillow.
 2. Bend your upper arm at a 90-degree angle in front of you and grasp a light weight from the surface.
 3. Lift the weight straight up until it aligns with your shoulder, then slowly lower it back down.
 4. Repeat this movement for three sets of 10 repetitions, or progress to 30 repetitions if your body allows.
 5. Gradually increase the weight, moving up to five pounds to further strengthen the muscles involved.
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Shoulder scaption exercise

1. Stand upright and hold a water bottle or light weight in the hand on your injured side.
2. Lift your arm slowly until it reaches a 45-degree angle away from your body, fully extending it.
3. Lower your arm back down slowly to your side and repeat this movement for three sets of 10 repetitions.
4. If necessary, take pauses between sets to reduce shoulder fatigue, or complete all 30 repetitions in one go.
5. Gradually increase the weight up to five pounds to further enhance muscle endurance and stability in the shoulder.

Scapula push and pull

1. In a standing position, hold a resistance band with both hands at chest height.
 2. Pull the band apart, squeezing your shoulder blades together (scapula pull).
 3. Hold briefly, then release slowly.
 4. Next, push the band forward, spreading your shoulder blades apart (scapula push).
 5. Do repetitive overhead movements for several repetitions, focusing on maintaining good posture throughout.
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Scapula squeeze

1. Sit or stand with your arms by your sides and elbows bent to 90 degrees.
 2. Squeeze your shoulder blades together as if trying to hold a pencil between them. Hold this position for a few seconds, then relax.
 3. Repeat for multiple sets.
 4. This exercise helps improve scapular stability and posture, reducing the risk of shoulder impingement.
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References

Hershfield, N. (2023, April 4). Exercises for Shoulder Impingement, from a PT. Hospital for Special Surgery. https://www.hss.edu/article_exercises-shoulder-impingement.asp