



Exercises for Rotator Cuff Impingement


Impingement syndrome is more likely to occur in people who engage in physical activities that require **repeated overhead arm movements**. Common symptoms include:

- An arc of shoulder pain approximately when your arm is at shoulder height and/or when your arm is overhead.
- Shoulder pain that can run from the top of the shoulder to the elbow.
- Pain when lying on the sore shoulder.
- Muscle weakness or pain when attempting to reach or lift.
- Pain reaching for the seat-belt.

Please be aware of your body and take advice from your GP before exercising or send an email to (enquiries@physio-logical.net) for advice and guidance. All these exercises should be pain free.

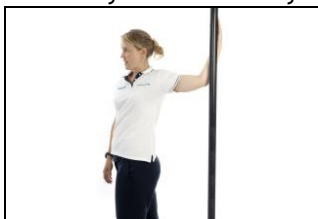
Shoulder Stretch

You may be more likely to develop rotator cuff problems if the back of your shoulder is tight.

	<ul style="list-style-type: none">• Bring your arm across your body and hold it with your other arm, either above or below the elbow.• Hold for thirty seconds repeat twice, three times a day.
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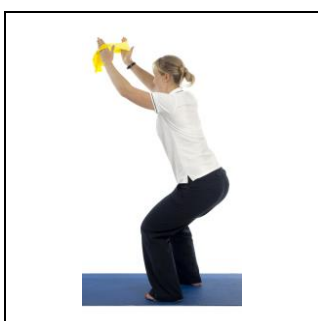
Pectoral Stretch

You may be more likely to develop rotator cuff problems if the front of your shoulder is tight.

	<ul style="list-style-type: none">• Stand at end of wall or in doorway• Place inside of bent arm on surface of wall and position the bent elbow at shoulder height• Walk forwards and turn body away from positioned arm.• Hold for thirty seconds repeat twice, three times a day.
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Squat + Shoulder Elevation with Yellow Theraband

This is an exercise to start to strengthen the rotator cuff this should only be done once you have full shoulder movement and should be undertaken pain free.

	<ul style="list-style-type: none">• Tie the yellow theraband in a loop• Push out with your hands with a static and constant pressure against the theraband• As you squat down (keeping knees in line with the second toe) you push out against the theraband and take your arms up above your head.• Repeat three times fifteen, two times a day.• Remember this exercise should be pain free.
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For more tips and guidance, visit www.physio-logical.net