

Home Exercise Program for Shoulder Impingement

- Perform the exercises in the order listed.
- Apply a bag of crushed ice or frozen peas to the shoulder for 20 minutes after performing the exercises to prevent inflammation.
- These exercises should not increase the pain in your shoulder, although you may experience muscle soreness and a stretching sensation. Call your doctor if you experience increased pain or if you do not see improvement in your ability to perform overhead activities without pain after performing the exercises for 3 or 4 weeks.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

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Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Sleeper stretch	Posterior rotator cuff Posterior inferior capsule/glenohumeral ligament	5 repetitions/2 to 3 times per day	Daily	3 to 4
External rotation	Infraspinatus Teres minor	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3 to 4	6 to 8
Internal rotation	Subscapularis Teres major	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3 to 4	6 to 8

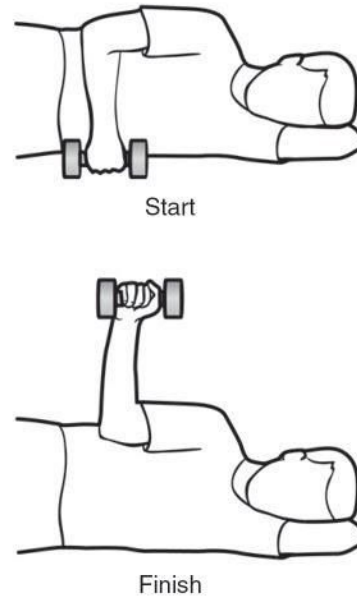
Sleeper Stretch

- Lie on your side on a firm, flat surface with the affected shoulder under you and the arm positioned as shown, keeping your back perpendicular to the surface.
- With the unaffected arm, push the other wrist down, toward the surface. Stop when you feel a stretching sensation in the back of the affected shoulder.
- Hold this position for 30 seconds, then relax the arm for 30 seconds.
- Perform 5 repetitions, 2 to 3 times per day, continuing for 3 to 4 weeks.



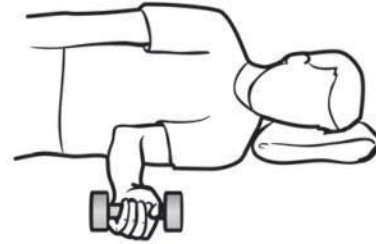
External Rotation

- Lie on your side on a firm, flat surface with the unaffected arm under you, cradling your head.
- Hold the affected arm against your side as shown, with the elbow bent at a 90° angle.
- Slowly rotate the arm at the shoulder, keeping the elbow bent and against your side, to raise the weight to a vertical position, and then slowly lower the weight to the starting position to a count of 5.
- Begin with approximately 1- to 2-pound weights that allow 2 sets of 8 repetitions, progressing to 3 sets of 15 repetitions.
- Add weight in 1-pound increments, starting over at each new weight level with 2 sets of 8 repetitions up to a maximum of 3 to 6 pounds, depending on your size and fitness level.
- Perform the exercise 3 or 4 days per week, continuing for 6 to 8 weeks.

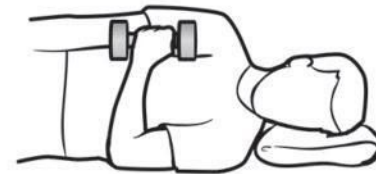


Internal Rotation

- Lie on your side on a firm, flat surface with the affected arm under you and with a pillow or folded cloth under your head to keep your spine straight.
- Hold the affected arm against your side as shown, with the elbow bent at a 90° angle.
- Slowly rotate the arm at the shoulder, keeping the elbow bent and against your torso, to raise the weight to a vertical position, and then slowly lower the weight to the starting position.
- Begin with weights that allow 2 sets of 8 repetitions, progressing to 3 sets of 15 repetitions.
- Add weight in 1-pound increments, starting over at each new weight level with 2 sets of 8 repetitions up to a maximum of 3 to 6 pounds, depending on your size and fitness level.
- Perform the exercise 3 or 4 days per week, continuing for 6 to 8 weeks.



Start



Finish