

PRIDEPLUS HEALTH

PRIDE.FIT SHOULDER

At home exercise plan for shoulders.

If you have a Rotator Cuff Tear, Shoulder Impingement, Bursitis or Shoulder Arthritis exercises are the first line recommendation for the treatment of these conditions.

More from our physiotherapists

WWW.PRIDEPLUS.COM.AU



SHOULDER PAIN

DOES NOT = DAMAGE

Pain does not equal damage when it comes to sore shoulders. In most cases pain is an increase in sensitivity.

Increased sensitivity can occur when we are primed to expect it, like if we are told that there is degeneration or tears.

The good news is that most of us can overcome pain, improve function, get strong muscles and even regain full range of movement with exercises.

If you've tried an exercise already but feel it's not helping, that's really normal too.

You see exercise dosing is like medicine. You need the right type, the right amount at the right time. With shoulders you're looking at around 12 weeks.

In this guide you will find a step by step plan to trouble shoot shoulder pain.

Participation in Pride.Fix involves physical activity. You should consult your doctor or other health care professional before starting this or any other fitness program to determine if it is right for your needs. Participation in this Program is purely voluntary, and PridePlus Health does not assume any liability.

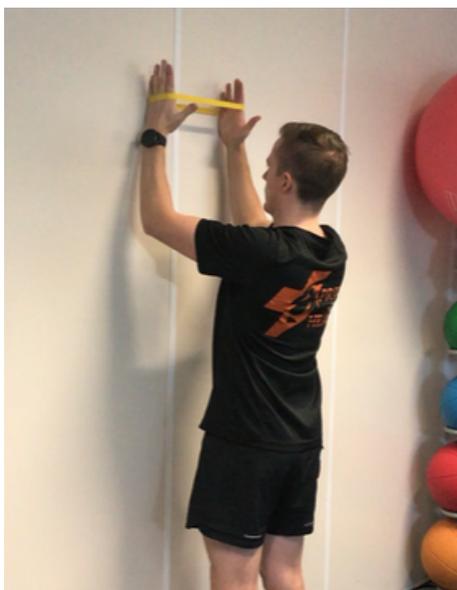
Activation involves engaging the 4 muscles that are attached to the ball and socket joint of your shoulder. If you find your shoulder clicks or catches when you move these drills are a great starting point



Static Rotator Cuff Activation

Isometric External Rotation

- Keep your elbow tucked and bent at 90 degrees
- Make a fist
- Place a towel between your fist and the wall
- Using 50 percent of your strength push your knuckles outwards towards the wall
- Hold for 3 sets of 30 seconds
- To progress the exercise, bring your elbow forward while keeping the arm bent at 90 degrees



Dynamic Rotator Cuff Activation

Theraband Wall Slides

- Wrap a theraband around your forearms
- Tension the theraband by pulling your wrists apart
- Keep your forearms parallel and slowly slide them up and down the wall.
- Perform 10 reps of the exercise.

These exercises help activate and strengthen the rotator cuff. However, weakness or poor control of the shoulder blade muscle can also contribute to shoulder pain. Next we look at some tests for you to identify potential shoulder blade issues.



SHOULDER BLADES

THE 3 TESTS

Your shoulder blade rests on the back of your rib cage. It is one of the 4 joints of your shoulder.

During overhead arm movements, the shoulder blade rotates upwards to allow your arm to reach further.

Weakness or poor activation of the muscle around the shoulder blades can be present in people who have pain when raising their arm.

Test 1

Lift your chest and pulling your shoulder blades back slightly when you raise your arms.

If your pain symptoms improve then try this exercise.

It means you need to get those scapular retractors working better.

Shoulder Blade Retraction

- Secure a theraband or towel to a door handle
- Squeeze your shoulder blades together
- Pull your hands towards your chest
- Perform 10 reps





SHOULDER BLADES

THE 3 TESTS

Test 2

Shrug your shoulder before raising your arms
The upper trapezius muscle is important in rotating the scapula upwards when raising your arm
If symptoms improve the upper trapezius needs more work.

Monkey Shrugs

- Holding onto some weights, flare your elbows and pull your shoulder blades to your ears
- Hold for 1 to 2 seconds
- Repeat 10 reps



Test 3

Leaning back against a wall at a 45 deg angle, have a towel pinched between your shoulder blade and the wall.

If your symptoms improve as you raise your arm up and down try this exercise

Serratus Anterior Push Up

- Lie prone on the floor with hands slightly wider than shoulder width apart
- Push yourself up by straightening your arm and push your upper back against the ceiling



Once you are able to move your shoulder through with little pain, it is time to start loading them!

You can continue with the previous exercises but perform the exercises below to improve your load tolerance required for daily activities.

You can use dumbbells or water-filled bottles for the exercises below.



Shoulder Press

- Begin with the resistance by the side of your shoulders
- Lift the weights forward and up
- Hold and slowly lower them back down
- Perform 10 reps
- Can be performed standing or seated



Lateral Raise

- Begin with the weights by the front of your hips
- Slowly lift your arms out to the side
- Hold and slowly lower them back down
- Perform 10 reps

How did your exercises go?

Every shoulder condition can be different and adjusting your own exercise dosing can be tricky. If you have difficulty managing your shoulder pain you can book in with us online at prideplus.com.au.

TOP TIPS

START TODAY

**NEED ASSISTANCE?
BOOK IN WITH OUR
EXPERTS**



- Don't over do it on the first session. It's important to get the technique correct for each exercise so you can complete them as safely as possible
- Take a day off if you need it. Overdoing it is a common training error
- Experiment with different weights, but be smart. You won't help yourself being a hero going straight to the heavy weights. Also, if the weights aren't heavy enough for you you're wasting your time.
- Have Fun! Exercise needs to be part of our lives and so finding the joy in working out is really important.
- Be social but distant. Try exercising with a friend over Zoom/Facetime and encourage each other

HOW DID YOU GO?

TAG US IN YOUR WORKOUT VIDEOS

