



WATCH NOW



# Stretches for Shoulder Pain



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The following exercises are designed to restore flexibility and improve stability of the shoulder by lengthening shortened muscles and restoring correct biomechanical movement.

## Instructions

1. The following exercises should be performed **1-2x daily**
2. Hold each stretch for **60 seconds** and repeat **1x/each** unless otherwise stated. Repeat on both sides.
3. You should not feel any pain while performing these exercises. Only perform to your ability.

**Disclaimer:** Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

## Pec Major/Minor Stretch

Stand in a door way and lift your arm and bend your elbow to 90 degrees so that your arm is parallel to the floor. Slowly lean forward until you start to feel a mild stretch at the front of your chest. For the pec minor muscle reach up the door frame a little further and lean forward. Perform on both sides. Hold for **60 seconds** and perform **2-3 times per side**.



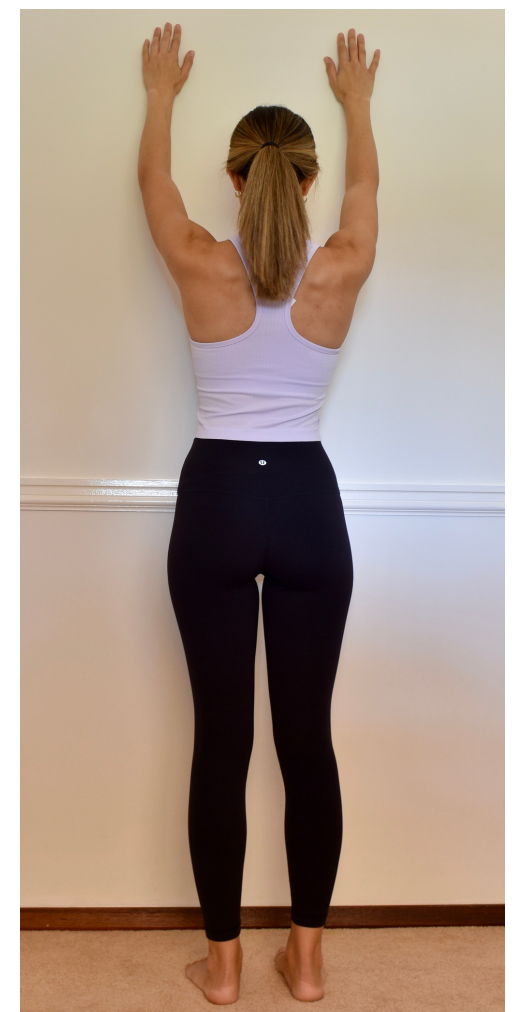
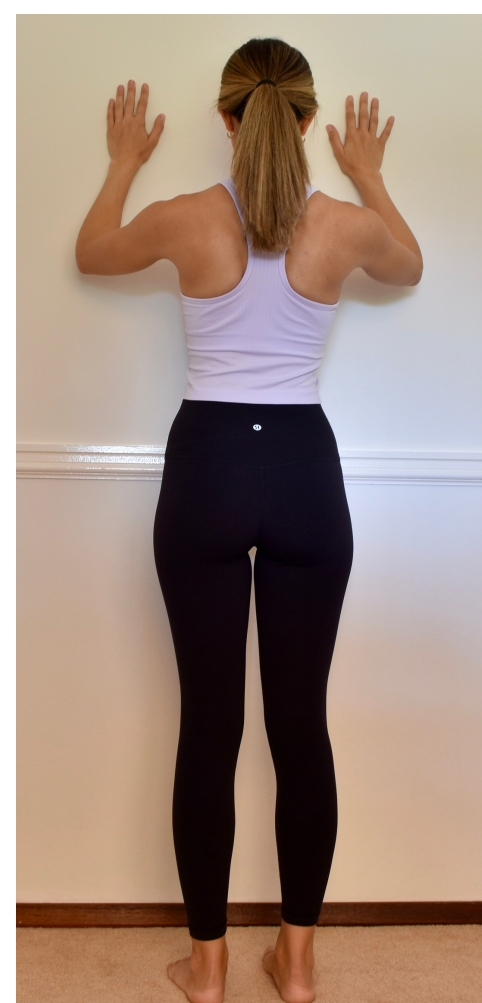
## Chest Expansion Stretch

Start by standing with a towel or an exercise band behind your back. As you breathe in open up the chest, bring the arms up and away from your body and squeeze the shoulder blades together. Lift your chin so that you are looking up towards the ceiling. **Hold for 5-10 seconds and repeat 15 times.**



## Wall Walks

Find a wall and use your finger tips to slowly walk up the wall, keeping to a pain free range of motion. **Perform 5 times**, each time slowly increase the range of motion. You can also stand to the side and slowly walk the fingers up the wall. **Perform 10 sets.**



## Pendulum Exercises

Stand with one arm on a chair and allow the opposite arm to hang freely in front of you. Gently swing your arm front to back, side to side and in circular motions. **Perform 10 reps of each movement.**



## Towel Stretch

Start by holding a towel at either end behind your back. Gently use the top arm to pull the towel towards the roof until you feel a stretch in the bottom shoulder. **Hold for 5 seconds.** Now use the bottom arm to pull the top arm down so that you feel a stretch in the top of the shoulder. **Repeat 10 times.**







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# Strengthening the Shoulders



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The following exercises are designed to strengthen and stabilise the muscles of the shoulder. Strength and stability are important to help protect our bodies from unnecessary stress and load that can then lead to injury.

## Instructions

1. The following exercises should be performed **1-2x daily**
2. You should not feel any pain while performing these exercises. Only perform to your ability.

**Disclaimer:** Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

## Isometric Internal & External Rotation

### External Rotation:

Standing next to the wall, bend your elbow to 90 degrees. Press the back of your hand into the wall as if you were rotating your arm outwards. **Hold for 15 seconds and repeat 10-15 times.**



**Internal Rotation:** Stand so that your body is facing a door frame. Bend the elbow to 90 degrees and press the inside of the hand into the wall as if you are trying to rotate your arm towards your body. **Hold for 15 seconds and repeat 10-15 times.**



## Laying Horizontal Abduction

Using a small weight or a water bottle, lay face down on the edge of the bed with the affected arm hanging off the side of the bed. Keeping the arm straight, gently lift it to the level of the bed and squeeze the shoulder blade. **Hold for 5 seconds** before releasing the arm back down. **Perform 15-20 times.**



## Weighted Internal & External Rotation

Begin with a light exercise band or water bottle. If using a band, wrap it around a door for resistance.

**Internal rotation:** While holding the band with the hand closest to the door, bend the elbow to 90 degrees. Slowly bring the wrist towards your torso. Hold for 3 seconds and then release back to the starting position.

**External rotation:** Hold the band in the hand furthest from the door. Slowly bring the hand away from your body. Hold for 3 seconds and then return to the starting position.

**Perform 3 sets of 20 reps of each exercise.**



## Serratus Wall Push Ups

Start by standing with the arms outstretched and your hands on the wall. Whilst keeping the arms straight slowly squeeze your shoulder blades together (scapular retraction) and lower your body towards the wall. Then start to push away from the wall, keeping the arms straight, bringing the shoulder blades into protraction.

**Perform 3 sets of 10.**



## Banded Wall Slides

Facing a wall, start with a resistance band wrapped around your wrists and your elbows bent to 90 degrees. Whilst keeping tension on the band slowly extend your arms up the wall until the arms are straight. Slowly lower your arms back down to the starting position and repeat for **3 sets of 15 reps.**

