

Exercise plan:  
**Shoulder pain - MODERATE**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**08th May 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### Sit to Stand with Arms in Elevation

Stand in front of a chair with your elbows bent and fists clenched. As you sit on the chair, elevate both arms above your head as far as feels comfortable. Return to the start position flexing your elbows and moving your arms back down as you stand up. This is an elevation re-education exercise for the shoulder.

If this feels quite easy, hold on to some small weights or water bottles/jars to add some resistance and make it more challenging.

**Sets: 2-3 x daily | Repetitions: 10-15**

Video: <https://youtu.be/MHNcRcV35-w>



### Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

**Sets: 2-3 x daily | Repetitions: 10-15**

Video: <http://youtu.be/w8in7tdjsaY>



## External Rotation to Internal Rotation Sitting 2

Sit next to a table and rest your elbow on the table resting on some towels so your shoulder and elbow are at 90 degrees. Slowly rotate your shoulder and arm inwards so your palm faces towards the floor. Return to the start position. This is a supported mobilisation of the shoulder.

**Sets: 2-3 x daily | Repetitions: 10-15**

Video: <https://youtu.be/ueCjyggzls>



## Pendulum with Traction

Hold a weight in your hand. Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

**Sets: 2-3 x daily | Repetitions: 10-15**

Video: <https://youtu.be/DCzN4aHabb0>