

Exercise plan:
Shoulder pain - ADVANCED

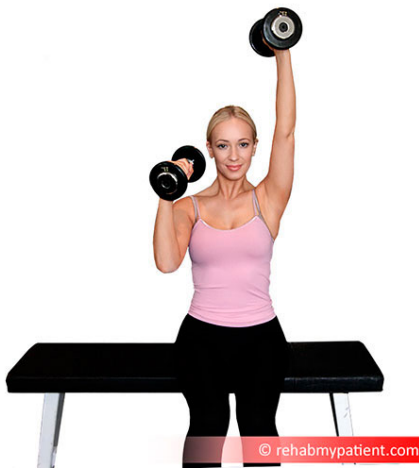
Patient:
CHCP WEBSITE EXERCISES

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.



Shoulder Push

Grasp a dumbbell in each hand, and lift the dumbbell above your head with one arm, and then the other. This exercise strengthens the deltoid muscle group.

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

Video: <http://youtu.be/ddRR7SFmuug>

Desk External Rotation with DB

Resting your forearm on a desk, with your arm bent at 90 degrees, rotate your arm outwards away from the table while holding a dumbbell. Your elbow stays in contact with the desk the whole time. This is a strengthening exercise for the rotator cuff shoulder muscles.

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

Video: <http://youtu.be/6W4M6XCOWYc>





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>



Single Arm Bent Over Row with Dumbbell

Lean forwards to a 45 degree angle, and pull a weight backwards with one hand keeping your elbow tucked in close to your body. To make the exercise harder, stand on one leg. This is a back and shoulder strengthening exercise.

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

Video: <http://youtu.be/WS8U9Dzzy70>