

**Exercises for Shoulder Pain**

Breakspeare Clinic- Milton-Under-Wychwood  
Breakspeare Clinic- Cheltenham  
Breakspeare Clinic- Didcot

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Provided for  
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Stand leaning on a table with one hand. Hold a 1-2 kg weight in the other hand.

Let your arm hang relaxed straight down. Then let it swing relaxed in forward/backward direction.

Repeat 10 - 15 times.

Weight 1 - 2 kg

Daily 1 - 2 times

**Exercise B** - Turn to facing table, stand leaning with left arm on table. Swing right arm out to side and across body. Repeat movement - repeat as above.

**Exercise C** - Position as above -Swing arm in a circular motion. Repeat repetitions as above.

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Stand keeping your upper arm close to the side and elbow at a right angle. Hold a rubber exercise band.

Pull the band toward your stomach.

Repeat 6 - 12 times.

Sets 1 - 2

Daily 1 - 2 times

Band Colour- Yellow/Red/Green

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Stand keeping your upper arm close to the side and elbow at a right angle. Hold a rubber exercise band.

Pull the band by turning your forearm outwards.

Repeat 6 - 12 times.

Sets 1 - 2

Daily 1 - 2 times

Band Colour-Yellow/Red/Green

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### Scapula Retraction

Start by sitting on a chair with your hands resting on your thighs.

Pull your shoulder blades together. Then relax.

Hold for 2-3sec .

Repeat 6 - 12 times.

Sets 1 - 2

Times/day 1 - 2 times

### Wall Slide



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Stand tall, facing a wall. Forearms against the wall with palms facing each other. Activate your trunk and buttocks and maintain neutral spine position throughout the exercise.

Lean towards the wall while sliding your arms upwards to approximately 165 degrees ('Y' position). Let your shoulder blades 'slide outwards' and your keep shoulders down. At the 'Y' position, lift your arms slightly off the wall. Return to the starting position.

Repeat 6 - 12 times.

Sets 1 - 2

Times/day 1 - 2 times

Lying on your back with elbows straight.



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Use one arm to lift the other arm up, alternatively hold on to a stick/pole. Keeping arm as close to the ear as possible.

Repeat 6 - 12 times.

Hold for 5 -          sec

Daily 1 - 2 times

Sets 1 -