

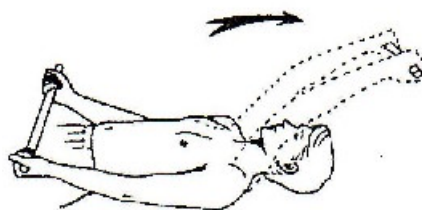


IMPINGEMENT REHAB PROGRAM

- Perform a series of ten, twice a day

1. Shoulder flexion

Lay on your back
Hold stick underhand with both hands
Slowly raise stick towards the ceiling and
then back over your head guiding operated arm with
unaffected arm.



2. Shoulder extension

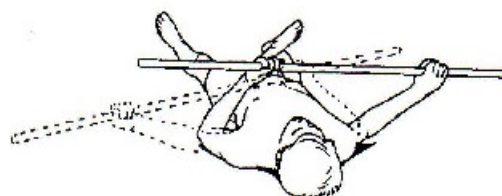
Hold walking stick underhand grip behind your back
Push stick backwards away from your back

Now do it holding the stick behind your back
with an overhand grip



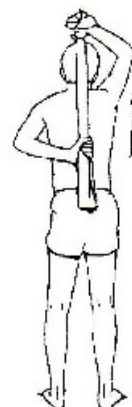
3. External / Internal Rotation

Lay down on your back
Hold stick with good hand in under grip and
operated hand in a top grip, elbows bent at 90°
(See picture)



4. Back towel stretch

Grasp towel in both hands
Place operated arm behind back and pull
unaffected arm up, pulling up affected arm
behind the back





IMPINGEMENT REHAB PROGRAM

DAY 21

THERABAND EXERCISES

- Perform the following exercises in series of ten, three times (x30)

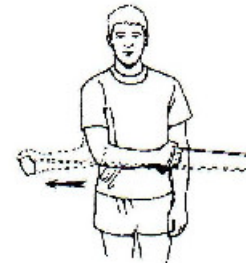
1. Theraband rowing

Tie theraband to a door handle and hold each end
Pull both arms back in a rowing motion
Keep your elbows bent, pinch shoulder blades and
Pull both arms backwards



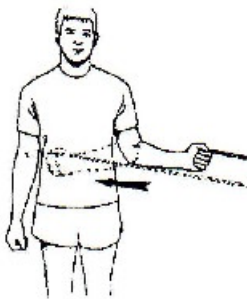
2. Active resistance external rotation

Tie theraband to door handle
With operated arm in front of you, elbow by
your side, pull theraband away from your body
Keep arm parallel with the floor



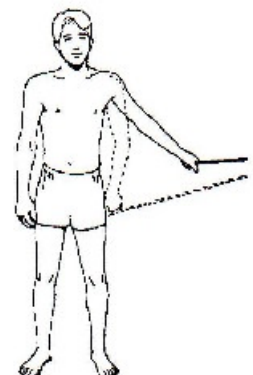
3. Active resistance internal rotation

Tie theraband to door handle
With elbow at your side, pull theraband
inwards towards the front of your body
Keep your forearm parallel with the floor



4. Active resistance adduction

Tie theraband to a hook at shoulder height
With operated arm away from your side,
pull down bringing your arm in to the side, towards the hip





IMPINGEMENT REHAB PROGRAM

- Perform the following exercises in series of ten, three times (x30)

1. External rotation stretch

With elbow by your side and bent at 90°, place palm on side of door frame.

Slowly turn your whole body away from the door frame so that your arm is stretched out to your side



2. Flexion stretch

Place palm side up against a wall and slide arm up wall, whilst getting closer to the wall



3. External rotation, abduction stretch

Stand in corner of a room, a few feet away
Place hands on wall at shoulder height and lean forward giving a comfortable stretch

4. Horizontal flexion stretch

With thumb pointing downwards, raise operated arm to shoulder height.
Using unaffected arm stretch the arm across the body

