

## **SHOULDER IMPINGEMENT EXERCISES**

*Please note: This information and exercises shown is for minor shoulder pain which is aggravated by movement. These exercises should not replace having a complete evaluation by your physical therapist and physician.*

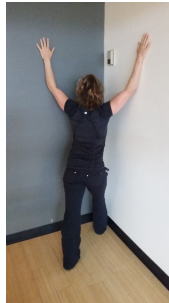
**1. Posterior Capsule Stretch: 2 - 3 sets, 3x/day**

Hold 30 seconds



**2. Corner Pec Stretch: 2 - 3 sets, 3x/day**

Hold 30 seconds



**3. Serratus Anterior Punch: 30x, 1x/day**

*Push with straight arms into the floor until your back rounds, return to a rest*



**4. Prone Scapular Retraction: 30 seconds x 5, 3x/day**

Hold arms in "goal post" position



5. **Supraspinatus Strengthening: 10 x 3, 1x/day**

Raise arm to head-height at a 45 degree angle with thumbs up. Use light weight (1-5lbs)



6. **Infraspinatus Strengthening: 10 x 3, 1x/day**

Lie on side with towel under affected arm. Starting with hand touching abdomen and elbow bent to 90 degrees, raise hand up to ceiling keeping elbow bent at 90 degrees and pinching arm at side (pinching towel) as you raise your hand

