

Exercises for Shoulder Impingement

PATIENT NAME _____

DATE _____

Exercise 1 — Shoulder External Rotation in Scapular Plane



Description: Secure TheraBand® CLX® and Door Anchor in door. Position CLX® loop on upper arm and second loop on hand. At 45 degrees, raise arm to shoulder height while applying tension to CLX. Slowly rotate arm into external rotation upwards towards ceiling and return back to the starting position.

#SETS _____ #REPS _____

Exercise 2 — Resisted Scapular Retraction



Description: Secure TheraBand® CLX® and Door Anchor in door. Place end loop of CLX® around top of shoulder. Pull shoulder blades towards each other and rotate arm so palm is facing away from your body. Take two steps backward while maintaining the position. Slowly return to starting position.

#SETS _____ #REPS _____

Exercise 3 — Resisted External Rotation w/ FlexBar



Description: Secure TheraBand® CLX® and Door Anchor in door. Place rolled towel under arm. Loop CLX around hand with the elbow at 90 degrees. Apply tension to the CLX®. Move FlexBar® side to side while maintaining the position.

#SETS _____ #REPS _____

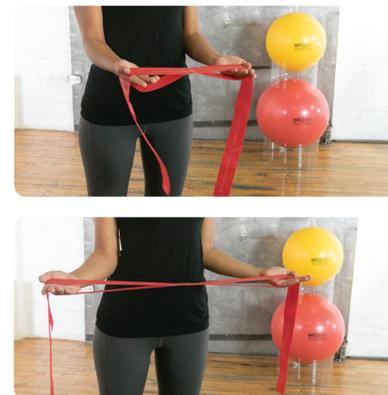
Exercise 4 — Bilateral Shoulder Extension



Description: Secure TheraBand® CLX® and Door Anchor in door. Loop ends of CLX® around hands with palms facing forward, away from body. Pull back so arms are at side of body while pulling your shoulder blades towards each other.

#SETS _____ #REPS _____

Exercise 5 — Bilateral External Rotation



Description: Place hands in consecutive CLX® loops with palms facing ceiling and elbows at 90 degrees. Rotate both arms outward. Hold and slowly return to starting position.

#SETS _____ #REPS _____