

# SHOULDER IMPINGEMENT

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## 1. Scapular Protraction in Quadruped

Start on all fours in quadruped position with a neutral spine. First, protract your shoulders by pushing them forward and rounding upper back. Then slowly dip the upper back downward and squeeze your shoulder blades down and back. Perform 3 sets of 10 repetitions.



## 2. Brugger Postural Exercise

Begin standing with your hands at your sides. Begin movement by bringing hands front of you, palms facing one another, thumbs up, elbows at 90 degrees. Then pull your hands apart by rotating your shoulders externally. Perform 3 sets of 10 repetitions.



## 3. Shoulder Extension

Begin in a standing position grasping a resistance band with the opposite end anchored to a fixed structure near floor level or underneath a door. While maintaining a neutral scapular position, move the arms behind your body keeping the elbow fixed in one position so that the movement is performed with shoulder. Don't let your hands go behind your body. Perform 3 sets of 10 repetitions.



## 4. Rotator Cuff External Rotation

Begin standing. Place a towel between your elbow and body. Grasp the end of the resistance band while opposite end is anchored in a door at elbow level. Bend the elbow to 90°. While maintaining a 90° elbow bend, externally rotate arm, keeping the towel trapped against body. If the elbow loses contact, shorten the range of motion. Perform 3 sets of 10 repetitions.



## 5. Rotator Cuff Internal Rotation

Begin standing. Place a towel between your elbow and body. Grasp the end of the resistance band while opposite end is anchored in a door at elbow level. Bend the elbow to 90°. While maintaining a 90° elbow bend, internally rotate arm, keeping the towel trapped against body. If the elbow loses contact, shorten the range of motion. Perform 3 sets of 10 repetitions.



## 6. Seated High Rows

Begin sitting upright with your shoulders back. Grasp ends of the resistance band with each hand. Extend your arms in front shoulder width apart and activate core muscles. Draw elbows back, maintaining a distance between hands while squeezing the shoulder blades together. Don't let your elbows go behind your body. Resistance should be felt during entire exercise. Perform 3 sets of 10 repetitions.