

Patient Information

## Physiotherapy

# Shoulder class – week 3

## Improving scapular position, movement patterns and cuff control

The position and movement of your shoulder blade (scapular) prevent your rotator cuff tendons and soft tissue from becoming irritated.

Many shoulder problems are caused by “impingement” of the rotator cuff tendon. The skills to deal with this can be tricky to learn and take time to master, but they’re valuable to have.

### Rules to follow

Try not to be too tense when doing movement exercises. Try make them look and feel natural. You could watch someone else move their shoulder and then copy them while looking in a mirror.

Rotator cuff strengthening exercises shouldn’t be painful, so do not push through pain.

If the range of movement or the weight you’re using is painful, restrict yourself to a comfortable intensity.



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### Scapular setting exercise

Remember your posture correction exercises from week 2.

- A.** Whilst sitting or standing upright, lift your shoulder up 1cm and retract it 1 cm.
- B.** Hold for 10 seconds, and then relax.

**Repeat 10 times.**



- A.** Lie on your back. Put your elbow out away from your body and rest it on a rolled towel or small pillow.
- B.** Make a fist and point your hand to the ceiling. Keep your elbow bent at 90 degrees.
- C.** Rotate your forearm down and up.

**Repeat 10 to 15 times.**

Do not let your shoulder “pop” forward, and do not push through any pain.

You can progress the rotator cuff exercises by doing them with a weight in your hand. Try starting with 500g and increasing in 500g increments.

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The exercises can be progressed further and more functionally by standing up. Do these exercises with your elbow resting on the wall to begin with. Increase the weight in your hand in 500g increments.

### **Serratus anterior exercise**

The serratus anterior is a useful muscle that helps your shoulder blade to rotate.



**A.** Start in the 4-point kneeling position on your hands and knees or standing and leaning against a wall. Your shoulders should be level.

**B.** Push through your arms so that your back arches. Relax so that your chest drops towards the floor or the wall.

**Repeat 10 to 15 times.**

You can progress by doing half press-ups or going into a plank position.

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### Superman

The Superman exercise challenges your “core”. It also works your deltoid, rotator cuff muscles, and serratus anterior.



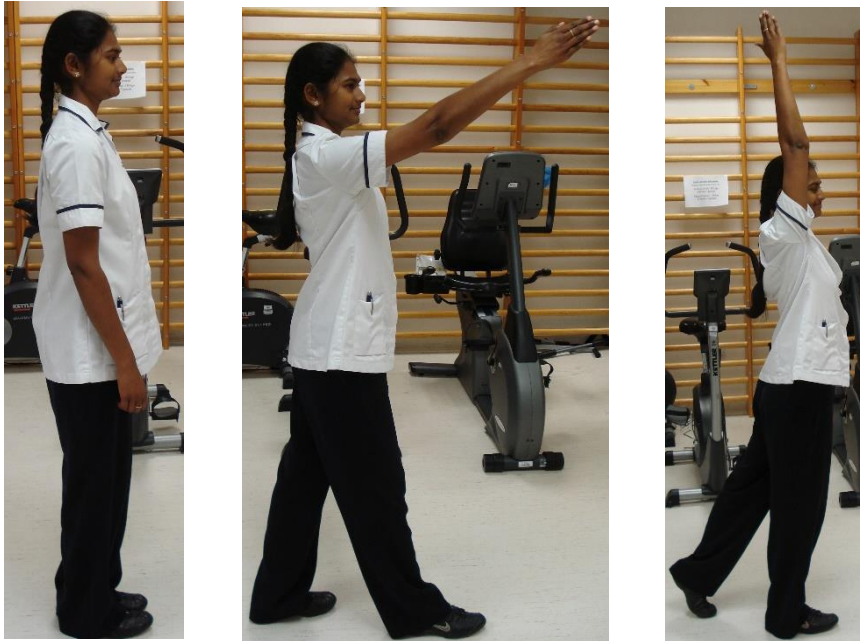
- A.** Start in the 4-point kneeling position.
- B.** Engage your core.
- C.** Lift your uninjured arm off the floor and put it in front of you.
- D.** Put your arm down and repeat on the other side with your injured arm.
- E.** Progress by lifting your leg on the same side as your raised arm.
- F.** Progress further by lifting your opposite arm and leg.

Breathe out as you lift your limbs and breathe in as you lower them.

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### Active movement

After “waking up” your rotator cuff, serratus anterior and postural muscles, try and use them in a dynamic movement.



- A.** Get into your good posture position from week 2.
- B.** Gently engage and maintain your core.
- C.** Step forward with one leg. Lift your arm on the same side.
- D.** Lean through your leg. Reach up high to the ceiling.
- E.** Return to the starting point. Check that your shoulder blade is set correctly.

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#### Document History

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