

Physiotherapy

Shoulder class – week 4

This week's class will show you how to strengthen and gain more endurance in your shoulder muscles. To increase a muscle's strength and endurance, it must work hard enough to fatigue. For people undergoing shoulder rehabilitation, the load should not be so heavy it causes damage.

Which weight to use

- To increase strength, use a weight is heavy enough that you can only just about do 10 to 15 repetitions.
- To improve endurance, use a weight that's heavy enough to tire your muscles after 30 repetitions or more. Do this once you've developed reasonable "strength".
- If you can't do more than eight repetitions, the weight is probably too heavy.

Eccentric muscle strengthening

If you can't lift your arm normally, but you've got good movement when something else helps move your arm, you could try "eccentric" exercises.

Use your uninjured arm to help you lift your injured arm as far as it will go. Then, use your muscles to lower the arm slowly. Don't let your arm fall in an uncontrolled way.

Eccentric exercises can be used to help move your arm normally. You can do them using weights as long as you control the movement.



Patient Information

Side arm lifts



A. Lift your arms out to the side of your body. Keep your arms straight.

B. Slowly lower your arms down.

Repeat 10 to 15 times, 3 times a day for strength.

Forward arm lifts



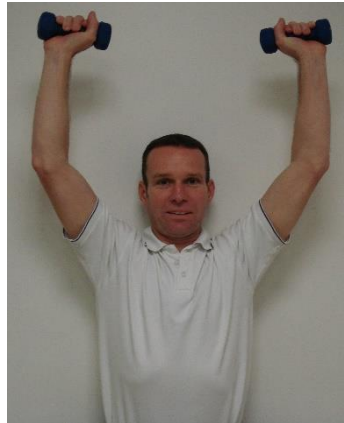
Lift your arm to the front of your body, pause, and then lower your arm down.

Repeat 10 to 15 times for strength.

Repeat 25 to 30 times for endurance.

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Shoulder press



- A. Raise your elbows to shoulder height.
- B. Straighten your arms above your head.
- C. Return to your starting point.

Repeat 10 to 15 times for strength.

Biceps curl



- A. Hold a manageable weight in your hands
- B. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
- C. Slowly lower the weight again.

Repeat 10 to 15 times for strength.

Patient Information

Tricep dips



- A.** Lean on a sturdy chair or bed with your legs slightly bent.
- B.** Slowly lower your body down by bending your elbows.
- C.** Push yourself up so that your elbows are straight.

Repeat 10 to 15 times.

You can vary this exercise by doing wall press-ups or half press-ups.

Spinal twists



- A.** Sit upright with a chair on either side of you whilst holding a manageable weight in your hand.

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- B.** Engage your core muscles. With control, rotate to one side, straighten your arms and put the weight down onto the chair.
- C.** Engage your core muscles. Pick up the weight and rotate to the other side.

You could make this harder by straightening your arms as you twist or using a heavier weight.

Subscapularis lift



- A.** Put your hand behind your back whilst holding a weight.
- B.** Lift your hand away from your back.
- C.** Relax.

Repeat 10 to 15 times.

You can progress this exercise by lying on your front and then repeating the exercise.

Patient Information

Rotator cuff

This exercise is important for shoulder muscle movement. But this exercise isn't as useful if you've had a shoulder replacement or an inoperable rupture.



- 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.

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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Patient Information

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