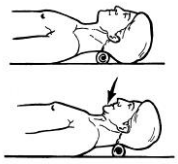
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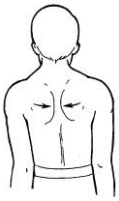
Connecticut Orthopaedics

Shoulder Impingement—Phase I

Complete __ sets of __ repetitions __ times a day



* Place small towel roll at base of skull
* Gently tuck chin until a stretch is felt



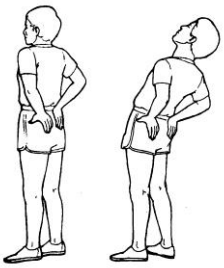
* Stand with arms at side
* Squeeze both shoulder blades together
* Relax and repeat



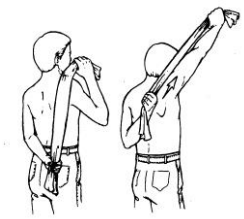
* Stand or sit, raise shoulders upward toward ears
* Return to start position



* Let arm swing freely from front to back and from side to side
* Use body weight to swing arm



* Put hands at lower back
* Arch backward to make hollow of back deeper



* Hold uninvolved arm over shoulder with towel as shown
* Grasp towel with involved arm
* Slowly pull upward with uninvolved arm until a gentle stretch is felt.



* With shoulders at 90 degree angles, places elbows and forearms on wall
* Lean forward until stretch is felt in chest



* Bring involved arm across in front of body
* Hold elbow with other arm
* Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder



* Place involved arm behind back
* Use other hand to gently pull head sideways until a stretch is felt in neck



* Lie on involved side on a flat surface
* Bring involved arm across in front of body
* Push down on hand toward table