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Shoulder Impingement Exercise

No 1 Shoulder Impingement Exercises (98% Success Rate!). By performing these two easy tests it will enable you to determine if the shoulder pain you are experiencing is indeed caused by an impingement. If it is, the exercises will be very beneficial for you indeed. All the exercises have the specific goal to increase the space in the shoulder where the impingement normally takes place. This space is called the Subacromial space. This Shoulder Impingement exercise has a 98% success rate!

Test A

Step 1



- 1 - Raise the arm ahead of you, raise it up to 90 degrees and extend out to about 30 degrees, thumb facing the ceiling.



Step 2



- 2 - Turn your hand around, thumb facing down and with the other hand, apply pressure on this arm, push it down. Resist it with the affected arm, if this causes you a pain in the shoulder, it is an impingement.

Test B

Step 3



- 3 - Raise the arm to the side up to 90 degrees. Bend the elbow, bring it across in front of your chest. With your other hand, place your hand here on the elbow and elbow on the hand.



Step 4



- 4 - Rotate arm down, turn it down. Bring the affected arm across the chest. If this causes you pain in the shoulder, it is a shoulder impingement.

Step 5



- 1 - Find yourself something to hang from.
- 2 - Hand palms facing away from you. The goal is to hang loose. It might be a little bit sore initially, work through it if you can.
- 3 - Perform a partial hang first, hand palms facing away.
- 4 - Hang like this for 10 -30 seconds.
The ultimate goal is to hang loose, but minimum self-support if needed. Take 1 minute break and repeat for 10 to 15 mins.



Use light weights, ranging from one to eight pounds. You are allowed to increase the weight during the exercises, but only if you can perform 30 to 45 repetitions of all the exercises pain-free! There are three exercises to perform.

Step 6



- 1 - Firstly, hand palms facing down, extend arms sideways, all the way up. Use your full range of motion, so the weights and your hands touch above your head.
- 2 - Slowly bring them down again.
- 3 - Complete 30 to 45 repetitions, keeping your elbows straight, posture nice and upright.



- 1 - Secondly, hand palms facing down, arms outstretched in front of you.
- 2 - Raise your arms all the way above your head.
- 3 - Slowly bring them down again.
- 4 - Complete 30 to 45 repetitions, keeping your elbows straight, posture nice and upright.



- 1 - Finally, hand palms facing down, you move your weights backwards outstretched behind you and forwards returning to your sides.
- 2 - Continue to move the weights backwards/ forwards.
- 3 - Complete 30 to 45 repetitions, keeping your elbows straight, posture nice and upright.



Step 7



- 1 - Using a TheraBand you need to make sure you are completely upright and straight.
- 2 - Your thumb pointing towards the ceiling, elbow always touching your side.
- 3 - Rotate turning the arm out keeping upright and straight.
- 4 - Complete 10-15 repetitions x 3 sets per day.



Step 8



- 1 - Using a TheraBand, hand palm facing away from you and your thumb pointing away from you.
- 2 - Turn your hand so your thumb faces towards you and your hand is now in front of you. This wraps the TheraBand round your hand to create tension on the band.
- 3 - Elbows must remain nice and straight.
- 4 - Pull this band from in front to behind you front keeping a straight elbow and upright posture.
- 5 - Complete 10-15 repetitions x 3 sets per day.



Scan to watch
the video



Link to video:

https://youtu.be/hbFm9z_bvhM

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