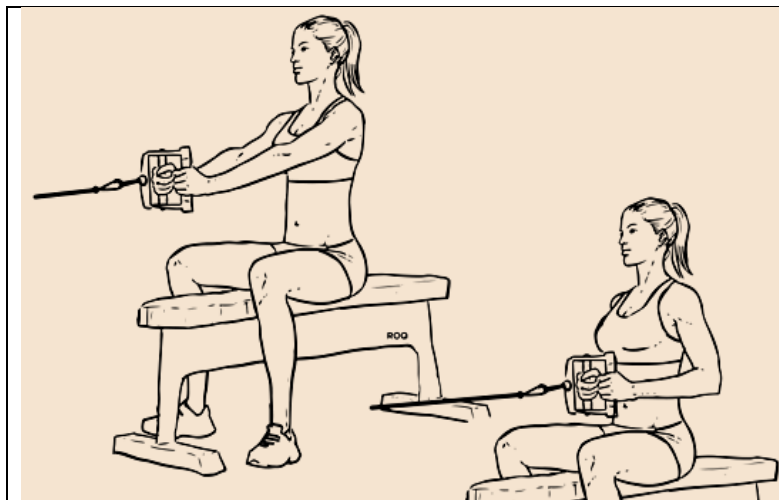


Shoulder Exercises – Subacromial Pain / Impingement.

Shoulder Rehab.



Seated Rows

Put an exercise band around a door handle or a bannister. Hold the ends of the exercise band in your hands and pull both your hands towards your waist.

Repeat ____ times

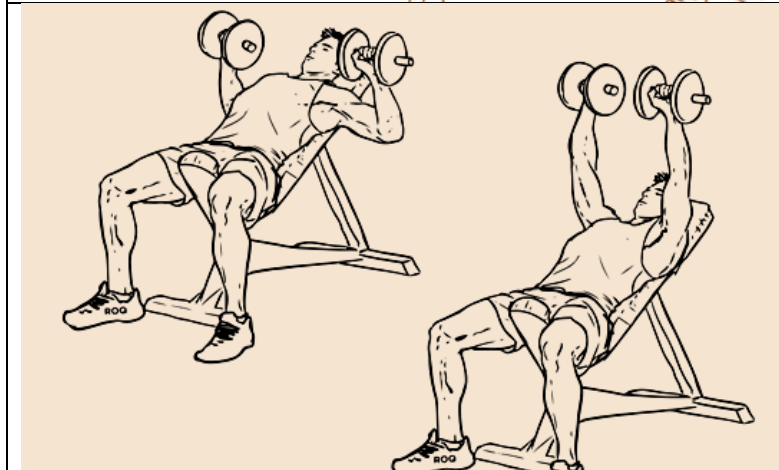
This exercise can be done in standing as well.



Bent Over Rows

Hold a ____ kg weight in your hand. Lift the weight towards your waist.

Repeat ____ times



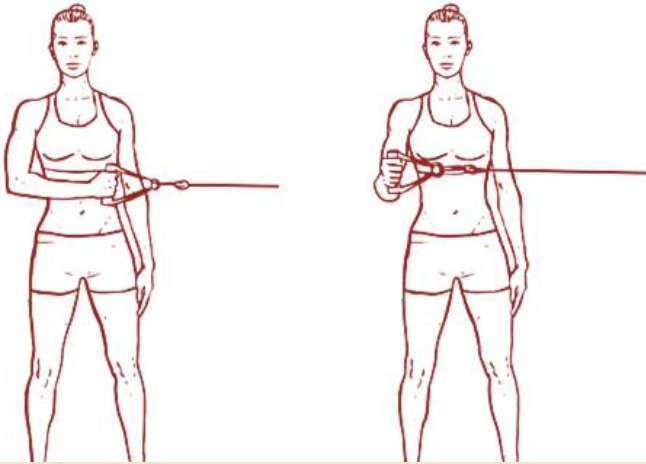
Incline Overhead Press

Position – Incline sitting.

Hold ____ kg weight in your hand(s) and lift arm upwards.

Repeat ____ times

Avoid pain. Either change the angle of sitting or use a lighter weight.



Shoulder External Rotation

Hold an exercise in your hand. Keep your elbow tucked by your side. Pull band outwards. Return back slowly.

Repeat ____ times



Bent Over Scaption

Hold a ____ kg weight in your hand. Lift the weight diagonally forwards.

Avoid Pain.

Repeat ____ times



Shoulder External Rotation in Sidelying

Lie down on your side. Keep the elbow tucked by the side of your body.

Hold ____ kg weight in your hand. Lift weight up towards the ceiling while keeping the elbow by your side.

Repeat ____ times