

***e*volution**  
physical therapy

## **5 Exercises to Treat Shoulder Pain!**

## 1. Pendulums

**Purpose:** To alleviate pain and mobilize the shoulder joint using gravity.

**Description of Exercise:** From a standing position, hinge at the hip so your body is approximately parallel with the ground. Relax your shoulder and upper back musculature so your shoulder is freely hanging. Slightly rotate in a clockwise/counterclockwise manner from your hips so your shoulder is making small concise circles. NO MOTION SHOULD BE COMING FROM YOUR SHOULDER



Click the link for video: <https://www.youtube.com/watch?v=UIGOUSd6o9Q>

## 2. Shoulder Flexion and Abduction

**Purpose:** To increase shoulder range of motion for everyday activities.

**Description of Exercise:** Stand facing a wall with your hand stretched out in front of your shoulder on a towel. Use your body to lean into the wall as you slide your hand up the wall towards the sky. Repeat this exercise by changing your position. Put your injured arm towards the wall. Use your body to lean into the wall while sliding hand up the wall towards the sky. Complete 20xs each position.



Click the link for video:

<https://www.youtube.com/watch?v=8Gj9tR4MXsg>

## 3. Single Arm Bent Over Row

**Purpose:** Improve strength and stability of the upper back, mid-back, and biceps.

**Description of Exercise:** Stand with shoulder feet apart and knees slightly bent. Hold a dumbbell (whatever weight is most comfortable to you) in one hand, and slowly bend your elbow and bring your hand to your side. Concentrate on using the muscles in your back and bicep muscles. Complete 10 rows on each side



Click the link for video:

<https://www.youtube.com/watch?v=0CjNmvh8TJg>

#### 4. Doorway Pec Stretch

**Purpose:** To increase flexibility of muscles of your chest to decrease rounded shoulders.

**Description of Exercise:** Place your forearms on the doorway. Start with one foot forward and one foot back. Slowly increase the weight on the front leg while remaining upright. You should feel a stretch across the front of your chest. Hold this position for 20 seconds and then relax. Repeat this 3 times.



**Click the link for video:**

<https://www.youtube.com/watch?v=zZPH7d2jF8M>

#### Is Ts and Ys

**Purpose:** Improve strength of the muscles of the upper, middle and lower back.

**Description:** Lie on your stomach on the edge of a bed, with your arms hanging off over the side.

**T's:** Keep your head in neutral, and slowly raise your arms out to the side so they are in line with the table. Continue to raise them until they are at the height of your shoulder. When your arms reach your shoulders, hold this position for 1-3 seconds, squeeze your upper back, and then slowly lower your arms back to the starting position. Repeat this 10x

**I's:** Keep your head in neutral, and slowly raise your arms until they are at the same level of your ears. When your arms reach your ears, hold this position for 1-3 seconds, and then slowly lower your arms back to the starting position. Repeat this 10x

**Y's:** Keep your head in neutral, and slowly raise your arms in a 45 degree angle. Continue to raise your arms until they are at the height of your shoulder. When your arms reach your shoulders, hold this position for 1-3 seconds, squeeze your upper back muscles together and pull them down. Slowly lower your arms back to the starting position. Repeat this 10x



**Click the link for video:**

<https://www.youtube.com/watch?v=dHXGU4QTU8k>