Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

UQTR Université du Québec à Trois-Rivières

OntarioTech UNIVERSITY

Centre for Disability Prevention and Rehabilitation

Exercises for Shoulder Pain

Group 1: Mobility

Click on the titles below to find all exercises on CCGI Youtube channel

✓	Exercises	Instructions	Tips/Notes
	Scapular Mobility^ 	**Protraction:** Seated or standing, clasp your hands at shoulder level in front and push them towards the wall in front of you, allowing your shoulder blades to spread apart. Keep your elbows straight. **Retraction:** With elbows bent, squeeze the shoulder blades back and together. **Elevation:** With your arms relaxed on each side of your body, lift your shoulders towards your ears as high as you can. **Depression:** Drop your shoulder blades down then return to starting position. Hold these positions for 3-5 seconds then return to starting position. Perform 10 repetitions.	
	Pendulum* 	Stand and rest the unaffected arm on a table. Let the affected arm hang. Swing your affected arm in the following motions: forward and back, side to side, and in circles – clockwise and counter-clockwise. You can hold 1-2 kg in your hand while doing this exercise. Perform this exercise daily. 10 repetitions each way.	
	Table Wipes* 	Sit on a chair beside a table and support your forearm on the table with a small flat towel underneath. 1. Slide your arm forward along the table surface. Focus on moving the muscles of the shoulder blade. Perform 10 repetitions daily. 2. With the towel underneath your forearm and your elbow extended, wipe the table surface from side to side in an arc motion. Perform 10 repetitions each way, daily.	
	Broomstick Mobility^ 	Using a stick such as a broomstick or cane, hold the stick upright with the hand of the unaffected arm clasping the bottom of the stick, and the hand of the affected arm clasping the top of the stick. Make sure that the top hand has the thumb pointing upward. With the unaffected arm, push the stick directly in front of your body, directly to the side, and at a 45-degree angle. During these movements, lift the affected arm upwards towards the ceiling. Make sure the affected arm is relaxed. Perform these movements slowly.	
	Trapezius Relaxation Exercise* 	Raise your arm overhead without shrugging your shoulder. Place your unaffected hand on the opposite shoulder to relax the upper trapezius muscle. If needed, perform this exercise in front of a mirror. Perform 10 repetitions, 3-5 times daily.	

All content and media on the Canadian Chiropractic Guideline Initiative (CCGI) website is created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of a qualified health professional with questions, concerns or management regarding your health.

https://www.canadianchiropracticguidelines.ca/

^These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on expert consensus

1. *Abdulla, S. Y., Southerst, D., Côté, P., et al. (2015). Is exercise effective for the management of subacromial impingement syndrome and other soft tissue injuries of the shoulder? A systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration. Manual Therapy, 20(5), 646-656.*