Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Université du Québec à Trois-Rivières

OntarioTech UNIVERSITY

Centre for Disability Prevention and Rehabilitation

Exercises for Shoulder Pain

Group 5: Additional Advanced Exercises

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

✓	Exercises	Instructions	Tips/Notes
	Field Goal^ 	Lie face down on a bench with arms hanging down and palms pointing to your feet. Pinch your shoulder blades together. Keep pinching your shoulder blades together while you raise your elbows on your side, towards the ceiling, until elbows are bent at 90 degrees Then turn thumbs up and rotate forearms until they are parallel with your body. Reverse these steps slowly. Perform 2-3 sets of 8-12 repetitions daily.	
	Modified Empty Can^ 	Stand with arms at your side and thumbs pointing backwards. Pinch your shoulder blades together. Elevate your arms 30 degrees in front of you, with thumbs pointed downward. When you reach 45 degrees of elevation, bend your elbows at 90 degrees, and rotate your shoulders until your thumbs are pointing back. Continue to elevate until you reach 110 degrees. Reverse these steps slowly until you reach the starting point, keeping your shoulder blades together. Perform 2-3 sets of 8-12 repetitions daily.	
	Standing Three-Ways^ 	Begin with weights in hands by your side. Keeping shoulders relaxed, bring your shoulder blades together and down. Lift arms to about shoulder height in each of the 3 positions: 1. straight in front; 2. 45 degrees from body; 3. Straight to side. The exercise can also be done with a resistance band. Perform 2-3 sets of 8-12 repetitions.	
	Subscapularis Pull^ 	Anchor a resistance band beside your affected arm. Hold the resistance band with your affected arm outstretched to your side. Pull the band towards your back rotating your shoulder, as if want to touch your thumb to the opposite shoulder blade. Go back to the starting position slowly. Do 2-3 sets of 10 repetitions 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