Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Université du Québec à Trois-Rivières

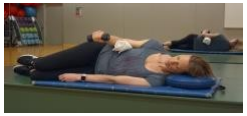
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Exercises for Shoulder Pain

Group 4: Strengthening Exercises

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

✓	Exercises	Instructions	Tips/Notes
	Internal Rotation* 	Stand with your upper arm close to your body and elbow flexed at 90 degrees. Place a towel between your elbow and trunk. Press your shoulder blade down and pull the shoulder back. Keep this position and twist the forearm towards your abdomen Do 2-3 sets of 10 repetitions daily.	
	External Rotation* 	Standing with your upper arm close to your body and elbow flexed at 90 degrees. Place a towel between your elbow and trunk. Press the shoulder blade down and pull the shoulder back. Keep this position and twist the forearm outwards. A progression of this exercise would be to do it side lying without weights, then add some resistance. Do 2-3 sets of 10 repetitions daily.	
	Low Row* 	While standing, hold onto an anchored band facing you with both hands. Pull the band toward you with both hands so that the shoulder blades come together. Focus on feeling the muscles of the shoulder blades. Perform 2-3 sets of 10-12 repetitions.	
	Serratus Punch* 	Lie on your back with knees bent. Point your arm straight up towards the ceiling. Push your arm towards the ceiling then return to the starting position. Focus on moving the muscles of the shoulder blade. Perform 2-3 sets of 10-15 repetitions.	
	Push Up Plus* 	Start in a push-up position, either standing facing a wall or with hands on a table at 90 degrees from your trunk. Push against the wall or table to round the upper back while keeping the elbows straight. Don't allow your lower back or hips to sag forward. Perform 2-3 sets of 10-15 repetitions.	

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✓	Exercises	Instructions	Tips/Notes
	Straight Arm Pull Down* 	Anchor a resistance band in front of you. Drop the shoulder blades down and pull the shoulders back. Maintain this position and pull the band down towards your side with straight arms. Return to the starting position and repeat. Perform 2-3 sets of 10-12 repetitions.	
	Front Raises* 	Stand, keeping your body straight and aligned. Hold a small weight or resistance band and raise your arm in front of you, parallel to the floor. Perform 2-3 sets of 10-12 repetitions.	
	Eccentric Full Can* 	While holding a weight or resistance band, bring your affected arm near shoulder height at 45 degrees from your body with a straight elbow and thumb pointing up. Your starting position should be pain free. Slowly lower your arm at a speed of 5 seconds per repetition. Perform 2-3 sets of 10-15 repetitions, daily.	
	Eccentric External Rotation* 	Anchor one end of a resistance band on the opposite side of your affected arm. Standing, elbow bent at 90 degrees, place a rolled towel between your elbow and trunk. Pull the band across your body with your unaffected hand. Then, allow your affected arm to return to the starting position with a slow and controlled movement at a speed of 5 seconds per repetition. Perform 2-3 sets of 10-15 repetitions, daily.	

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https://www.canadianchiropracticguidelines.ca/

* These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on a systematic review of shoulder pain [1] and 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.*