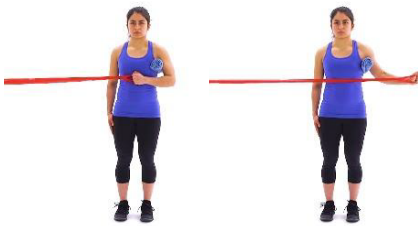




Home Exercise Program for Shoulder Impingement

Shoulder External Rotation
with Anchored Resistance

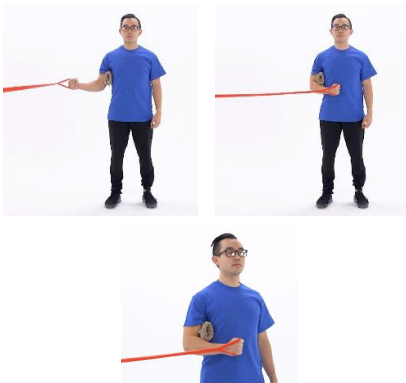


Setup: Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement: Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip: Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

Shoulder Internal
Rotation with Resistance

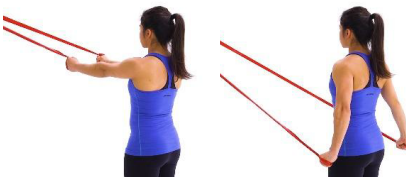


Setup: Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement: Slowly rotate your arm inward.

Tip: Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Shoulder Extension with
Resistance: Neutral



Setup: Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

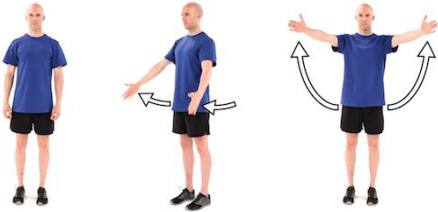
Movement: Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip: Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.



Home Exercise Program for Shoulder Impingement

Standing Shoulder Scaption



Setup: Begin in a standing upright position with your arms resting at your sides.

Movement: Slowly raise your arms diagonally at roughly a 30-degree angle from your body, then lower your arms back to your sides.

Tip: Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your lower back while raising and lowering your arms.

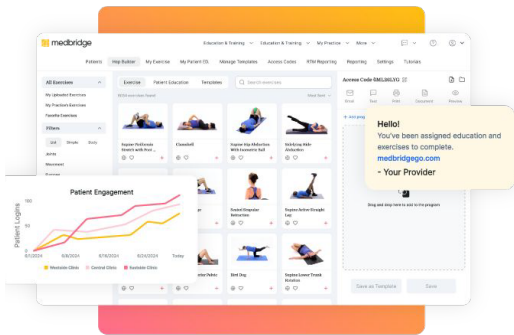
Cat Cow



Setup: Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement: Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip: Make sure to use your entire back for the motion and keep your movements slow and controlled.



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