SHOULDER PAIN ROTATOR CUFF REHAB

Created by Barnstaple Alliance Primary Care Network Mar 21st, 2025
View videos at www.HEP.video

COMMENTS

This rehab programme is to help recover from shoulder pain associated with a rotator cuff problem. The programme is intended to be over a twelve-week period. Research has shown it can take this length of time to see good recovery from this type of problem.

Please note the last three exercises are from the British Elbow and Shoulder Society (https://bess.ac.uk/exercises-for-shoulder-pain/). Do not proceed to these until you can complete the first six exercises for one week with minimal to no symptoms.

In conjunction with these exercises, you can use thermal modalities such as heat packs or ice packs. This would be something that is physically hot or cold, not something you rub on your skin. Whichever you use, protect your skin. Do not apply to bare skin. Avoid burns. Apply the thermal application for about 15 minutes. This can be repeated several times a day.

To manage your pain symptoms, use over-the-counter medications as advised by the pharmacist or as advised by your healthcare professional at the GP practice. You do not have to use pain medication to manage your pain symptoms. However, if you feel that you are struggling to control your pain, this is something you should consider.

Please note these exercises can be uncomfortable to perform, but try not to perform them into too much undue pain. A good guide is to keep it within 3 to 4 out of 10 on a pain scale. You should also note that pain associated with these exercises is not harmful. It does not indicate that you are causing yourself further damage or harm by working into pain. However, try to modify your activity to reduce aggravating movements or tasks where it is possible.

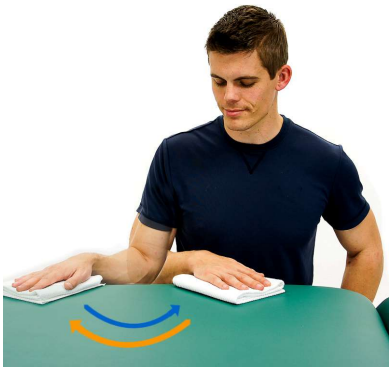


TABLE WIPES - INTERNAL AND EXTERNAL ROTATION

Place your hand on a small folded towel on top of a table and gently wipe the table in an arc side to side.

Keep your elbow by your side the entire time. DO NOT allow your elbow to move away from your trunk.

Video # XVF6MD5ZL

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



SIDE LYING EXTERNAL ROTATION - ER

Lie on your side with your elbow bent and rested on your side. Next, draw up the your arm from the ground towards the ceiling.

Place a rolled up towel under your elbow if advised by your clinician.

Video # XV4N8G5NC

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



SHOULDER - ISOMETRIC ABDUCTION

Place a small folded towel between your elbow and a wall. With your elbow bent to 90 degrees, gently push your elbow out to the side into the towel/wall. Hold, relax and repeat.

Video # XVX5VW5TF

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.

Video # XVARUUCMU

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



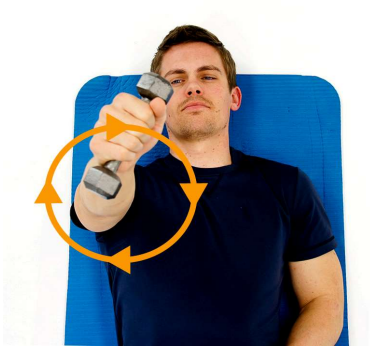
Shoulder Scaption

Begin with your arms by your side. Slowly raise your arms forward and to the side, as if you are making a 'V'. Raise to shoulder level, pause, and then slowly lower to starting position.

If your shoulder is particularly irritable, perform this exercise without anything in your hand, just using the weight of your arm.

As the exercise becomes easier, progress to holding a small water bottle, food tin or light weight.

Repeat	15 Times
Hold	2 Seconds
Complete	3 Sets
Perform	1 Times a Day



REVERSE PENDULUMS

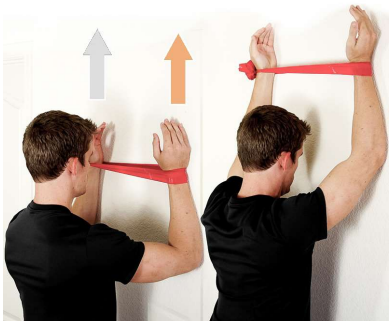
Lying on your back, straighten your arm towards the ceiling. Next, move your arm in small circles in a clock-wise motion. After a few seconds, reverse the direction to a counter-clockwise motion. Change directions every few seconds.

If your shoulder is particularly irritable, perform this exercise without anything in your hand, just using the weight of your arm.

As the exercise becomes easier, progress to holding a small water bottle, food tin or light weight (as shown).

Video # XV7RXVVZQ

Hold	1 Second
Duration	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



SERRATUS WALL SLIDE - ELASTIC BAND

Instead of using an elastic resistance band, you can use a towel, as shown here: https://bess.ac.uk/exercises-for-shoulder-pain/

Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Pull against the band or towel to generate resistance

Slide your arms up the wall as shown.

Return to the original position and repeat.

Video # XVS53BGS6

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Wall Push Up (https://bess.ac.uk/exercises-for-shoulder-pain/)

Start with your hands on the wall and elbows straight. Slowly bend your elbows, lowering yourself towards the wall as your shoulder blades squeeze together. Then slowly push away from the wall.

Your hands should never be higher then the level of your shoulders

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



EXTERNAL ROTATION WITH 90 DEGREES ABDUCTION - ER (https://bess.ac.uk/exercises-for-shoulder-pain/)

While seated, prop your elbow on a table with a pillow or bolster so that your upper arm is between 45 degrees and 90 degrees away from your side and 90 degrees away from your chest. Change this range to work within your symptoms.

Maintain a 90 degree bend in your elbow and a straight wrist.

Rotate your shoulder so you fist points upwards, or as far as is tolerable.

As the exercise becomes easier, progress to holding a small water bottle, food tin or light weight.

Video # XVCMBTEYE

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day