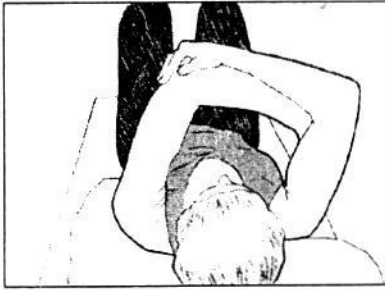
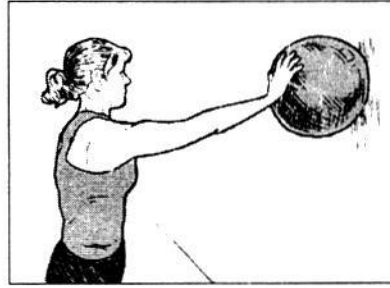


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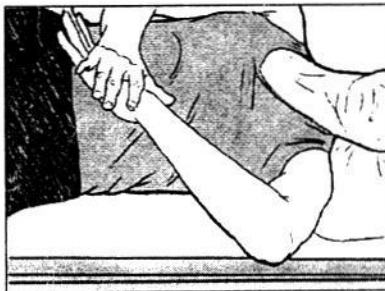
*EXERCISE PEARLS FOR SHOULDER
IMPINGEMENT SYNDROME*



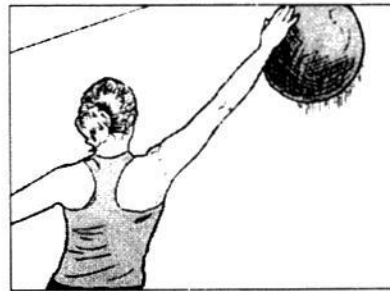
Posterior Capsule Stretch
Stretch in multiple positions



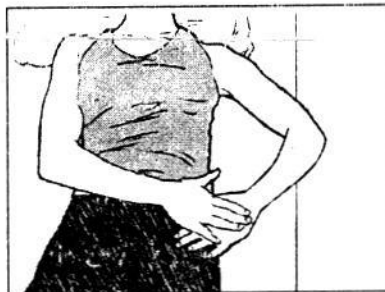
Closed Chain Forward
Elevation
Scapula engaged



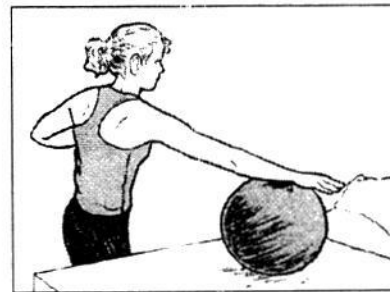
Internal Rotation Stretch
In side lying



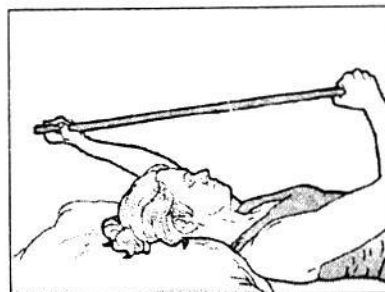
Closed Chain
Scapulothoracic Rhythm



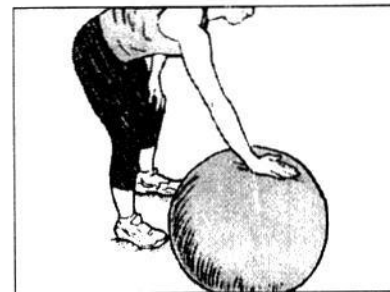
Internal Rotation Stretch
Lying on back



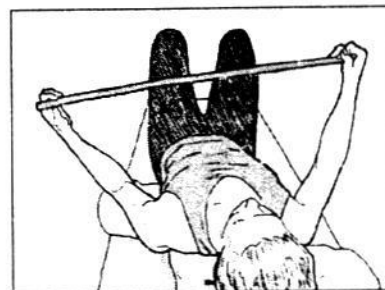
Assisted Forward
Elevation Standing



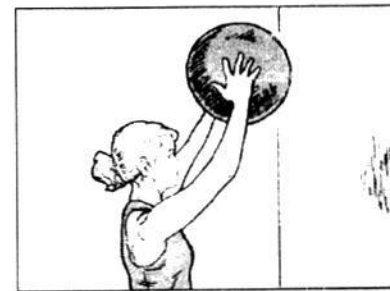
T-Bar
Assisted forward elevation



Closed Chain
Pendulum Exercise



T-Bar
Assisted external rotation

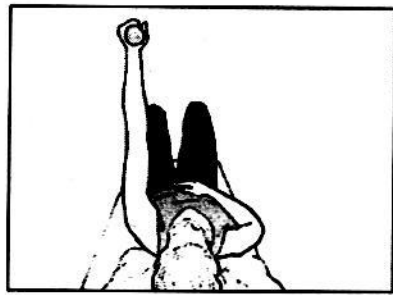


Chest Pass
Vary the heights

Do the exercises 3 sets/day Sept 15, 2014

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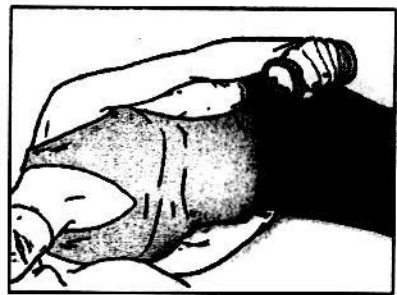
EXERCISES FOR SHOULDER IMPINGEMENT CONT.



Hawkins Drill
Forward elevation



Thumb Tube



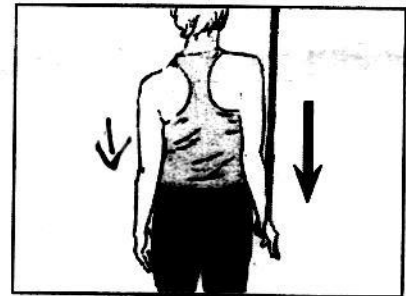
Eccentric External Rotation
In side lying
Keep humerus level



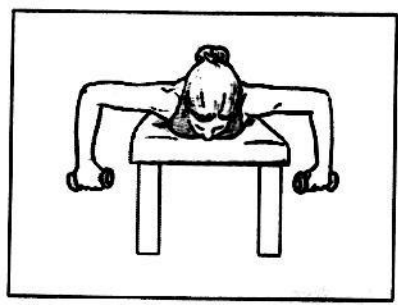
Scapulohumeral Rhythm



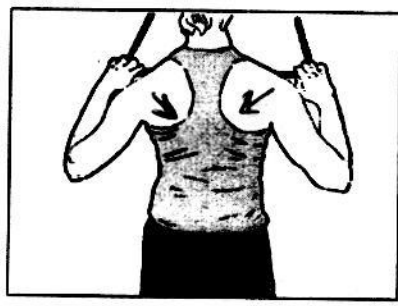
Hawkins at 90° Abduction
In side lying



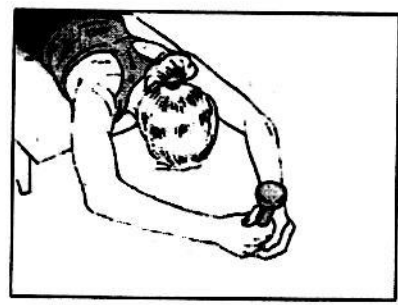
✓
Dynamic Caudal Glide
Push both arms down to floor
Repeat 15 times



Middle Trapezius



✓
Rhomboids
Pull shoulder blades back and down
Repeat 15 times



Lower Trapezius

✓ Chin tucks
- draw head back keeping chin level to the floor
Repeat 15 times