

Shoulder pain

Move slowly and stay in a range that feels comfortable. Mild stretch or effort is fine; sharp pain is a signal to stop.

Name: _____

How often: _____

Clinician: _____



1. External rotation isometric at the wall

Hold 10 seconds, 5 times

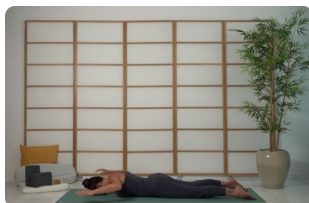
1. Stand side on to a wall with that elbow bent
2. Tuck that elbow in against your side
3. Press the back of your hand into the wall
4. Then release, then change sides



2. Serratus punch

10 reps

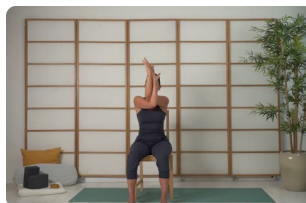
1. Lie on your back with your knees bent
2. Keep the elbow completely straight
3. Push the weight straight up toward the ceiling
4. Lower back down with control
5. Then change arms



3. Prone T, scapular retraction

8 slow reps

1. Lie face down with your forehead resting
2. Take your arms out to the sides at shoulder height
3. Draw the shoulder blades together, then lift
4. Keep the neck and lower back quiet



4. Eagle arms

30 to 45 seconds each side

1. Sit or stand tall and reach both arms forward
2. Cross one arm over the other at the elbows
3. Hug yourself instead if the hands do not meet
4. Float the elbows a little and widen the back
5. Then swap the cross

THE GUIDANCE BEHIND THESE MOVEMENTS

- Diagnosing, managing and supporting return to work of adults with rotator cuff disorders, clinical practice guideline (JOSPT 2022). Non-operative care with exercise and education is the recommended first-line management for rotator cuff disorders.
- Efficacy of exercise therapy for rotator cuff related shoulder pain according to the FITT principle, systematic review with meta-analyses (JOSPT 2024). Exercise therapy is effective for rotator cuff related shoulder pain; the review examines frequency, intensity, time and type rather than identifying one superior exercise.
- Update of systematic reviews on conservative physical therapy for subacromial shoulder pain (JOSPT 2020). Exercise therapy carries a strong recommendation as first-line treatment to improve pain, mobility and function in subacromial shoulder pain.



Scan to watch every movement on video

and get a free guided session built around your body: vinys.app/condition/shoulder-pain

First practice free. No account or card.

Move within a range that stays comfortable. Stop if this brings on sharp pain, dizziness, or symptoms that travel down an arm or a leg, and speak to a clinician before repeating it. Free to print and share: vinys.app/for-clinicians