Shoulder Impingement—Phase I

Complete __ sets of __ repetitions __ times a day

* Place small towel roll at base of skull
  * Gently tuck chin until a stretch is felt

* Stand with arms at side
  * Squeeze both shoulder blades together
  * Relax and repeat

* Stand or sit, raise shoulders upward toward ears
  * Return to start position

* Let arm swing freely from front to back and from side to side
  * Use body weight to swing arm

* Put hands at lower back
  * Arch backward to make hollow of back deeper

* Hold uninvolved arm over shoulder with towel as shown
  * Grasp towel with involved arm
  * Slowly pull upward with uninvolved arm until a gentle stretch is felt.

* With shoulders at 90 degree angles, places elbows and forearms on wall
  * Lean forward until stretch is felt in chest

* Bring involved arm across in front of body
  * Hold elbow with other arm
  * Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder

* Place involved arm behind back
  * Use other hand to gently pull head sideways until a stretch is felt in neck

* Lie on involved side on a flat surface
  * Bring involved arm across in front of body
  * Push down on hand toward table