

## SHOULDER EXERCISES

# EXERCISES FOR POSTERIOR CAPSULAR SYNDROME

### PENDULUM EXERCISE



Standing or sitting in a chair, lean forward, letting your arm drop without exerting any force, so that it is perpendicular to the floor. Using your body's inertia, perform circular movements clockwise, counterclockwise, forward and backward, and to both sides. Perform 20 repetitions of each movement.

Perform:

- 20 repetitions
- 1 set

Goals:

- Relieve shoulder pain.
- Relax the surrounding muscles: shoulder, cervical, and scapular.
- Reduces shoulder stiffness and improves shoulder joint balance.

## STANDING POSTERIOR CAPSULAR STRETCH



Standing. Place the assisting hand on the elbow. Bring the elbow toward the shoulder of the assisting arm until you feel a tightness.

When beginning stretches, it is crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then hold that position for a while until the tension decreases. With practice, you can extend the holding time, **but you should never feel pain.**

### Goals:

- Relieves tension in the posterior capsule and external rotators.
- Improves joint balance in internal rotation.
- Improves joint balance and shoulder stability.

## INTERNAL ROTATION TOWEL STRETCH



Standing. Place a towel around your back. Pull with your healthy hand, and grasp the towel with the shoulder you're rehabbing without resistance. Pull until you feel a pull. When beginning stretches, it is crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then hold that position for a while until the tension decreases. With practice, you can extend the holding time, **but you should never feel pain.**

### Goals:

- Improve posterior capsule tension.
- Improve internal rotation.
- Relieve and prevent shoulder pain.

## LYING POSTERIOR CAPSULE STRETCH



Lying on your side on the shoulder to be rehabilitated. Back straight. Scapula locked. With your elbow flexed at 90°, your assisting hand pushes your arm forward, trying to touch the table or floor. When beginning stretches, it is crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then hold that position for a while until the tension decreases. With practice, you can extend the holding time, **but you should never feel pain.**

### Goals:

- Relieves tension in the posterior capsule and external rotators.
- Improves joint balance during internal rotation.
- Improves joint balance and shoulder stability.

### Elastic Band Rowing Exercise:



Stand facing a door or a structure that allows you to attach the resistance band. Grasp the ends with your hands. Keep your back straight. Look forward. Stretch the band by pushing your shoulders and elbows back. Hold for 5 seconds.

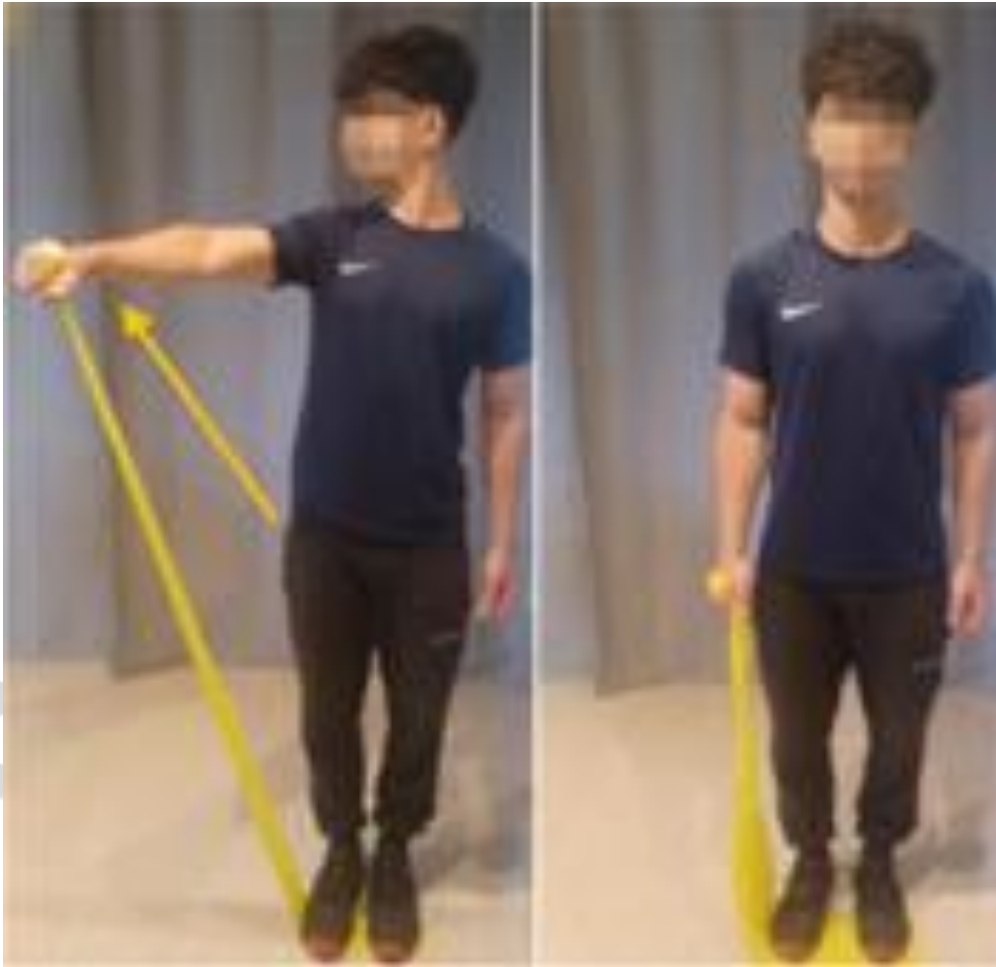
Perform:

- 10 repetitions
- 3 sets

**Goals:**

- Improve posture of the thoracic spine.
- Improve shoulder and scapular stability.

## ABDUCTION EXERCISE WITH ELASTIC BAND



Standing. Use an elastic band, stepping on the foot on the side being exercised. Raise your arm without bending your elbow or wrist, without reaching parallel to the floor. Point your arm forward 30° as you raise it. Hold this position for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening the supraspinatus and middle deltoid muscles.
- Improve joint balance and shoulder stability.



## EXTERNAL ROTATION EXERCISE WITH ELASTIC BAND



Stand sideways to a door. Tie the resistance band to the doorknob and hold the end with one hand. Place a towel between your chest and arm. Keep your elbow at 90 degrees, close to your chest, and your wrist straight. Keep your back straight. Gaze forward. Stretch the band outward to about 50 degrees. Hold for 5 seconds.

Perform:

- 10 reps
- 3 sets

**Goals:**

- Strengthen shoulder external rotators.
- Improve joint balance and shoulder stability.

## INTERNAL ROTATION EXERCISE WITH ELASTIC BAND



Stand sideways to a door. Tie the resistance band to the doorknob and hold the end with one hand. Place a towel between your chest and arm. Keep your elbow at 90 degrees, close to your chest, and your wrist straight. Keep your back straight. Gaze forward. Pull the band inward to about 50 degrees. Hold for 5 seconds.

Perform:

- 10 reps
- 3 sets

**Goals:**

- Strengthen internal rotators of the shoulder.
- Improve joint balance and shoulder stability.



## EXTERNAL ROTATION EXERCISE WITH STICK



Stand. Grab a stick with both hands. Place a towel between your elbow and chest. Elbow at 90°. Push with your good arm and move the hand of the arm you're rehabilitating outward.

Perform:

- 10 reps
- 1 set

**Goals:**

- Pain relief. Improves anteroinferior capsular tension.
- Improves joint balance in external rotation.

[Book an appointment with Dr. Jordi Jiménez.](#) He will see you at the center of Palma de Mallorca and help you regain your quality of life.