

SHOULDER EXERCISES

EXERCISES FOR SUBACROMIAL 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:

- Shoulder pain relief.
- Relax the surrounding shoulder muscles, including the cervical spine and scapula.
- Reduces shoulder stiffness and improves shoulder joint balance.

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, 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 scapula stability.

PROTRACTION EXERCISE WITH WEIGHTS



Lying on your back, hold your arm perpendicular to the floor with a 2kg weight in your hand. Lift your shoulder off the floor and raise your arm. Hold for 5 seconds.

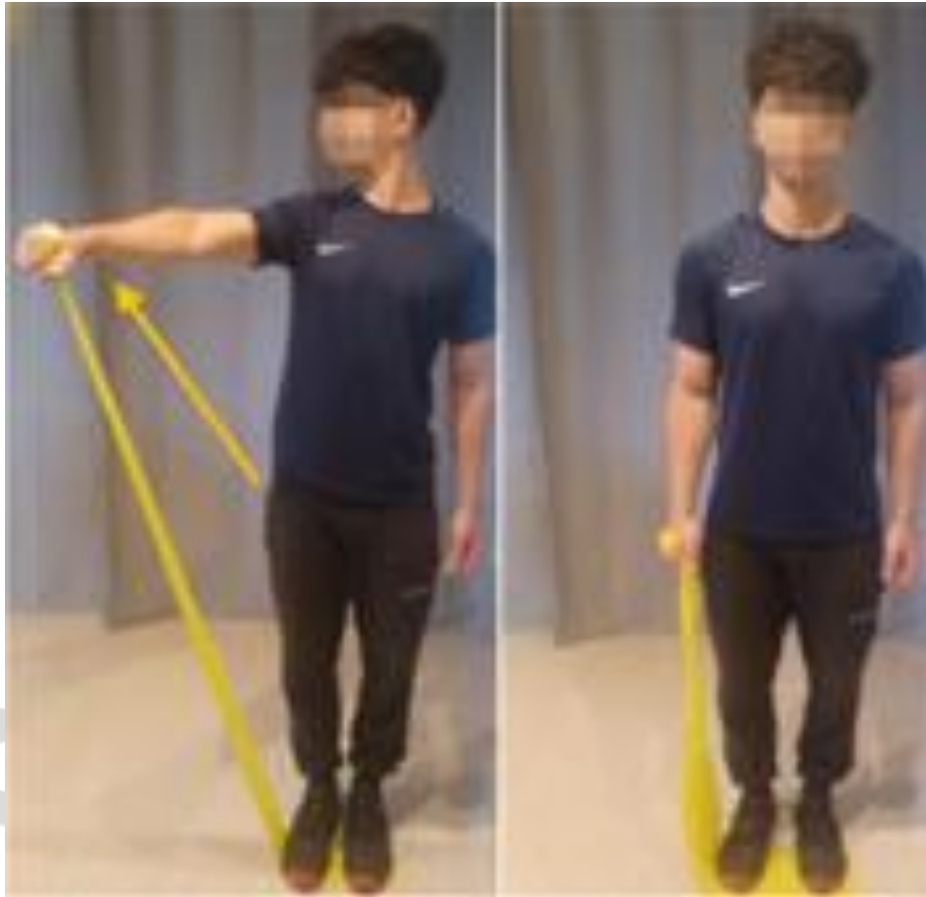
Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening of the serratus anterior muscle. Improved scapular stability.
- Improved postural control of the shoulder and scapula.

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 or structure that allows you to attach the resistance band. 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. Look forward. Stretch the band outward to about 50 degrees. Hold this position for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

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

INTERNAL ROTATION EXERCISE WITH ELASTIC BAND



Stand sideways to a door or structure that allows you to attach the resistance band. Hold the end with one hand. Place a towel between your chest and arm. Elbow at 90 degrees, close to your chest, and wrist straight. Back straight. Gaze forward. Pull the band inward 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.

[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.