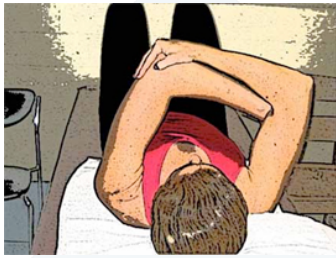


# New West Sports Medicine

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## Exercise Pearls for Shoulder Impingement Syndrome

The goal of conservative management of shoulder impingement syndrome is selective strengthening of weak muscles with appropriate stretching of the capsule, in order to restore normal glenohumeral, scapulothoracic and scapulohumeral function.



### Posterior Capsule Stretch

- stretch in multiple positions



### Closed Chain Forward Elevation

- scapula engaged



### Internal Rotation Stretch

- in side lying



### Closed Chain Scapulohumeral Rhythm

- diagonal motion



### Internal Rotation Stretch

- lying on back



### Assisted Forward Elevation

- in standing



### T-Bar

- assisted forward elevation



### Closed Chain Pendulum Exercise

- with ball



### T-Bar

- assisted external rotation



### Chest Pass

- vary the height



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## Exercises for Shoulder Impingement Syndrome Cont.



### Hawkins Drill

- forward elevation
- scapula engaged



### Thumb Tube

- medial scapular stabilizers



### Eccentric External Rotation

- in side lying
- keep humerus level



### Scapulothoracic Rhythm

- squeeze scapulae together



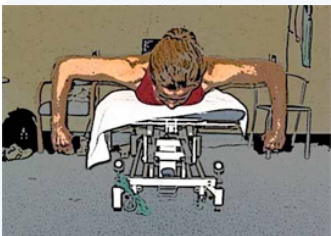
### Hawkins at 90° Abduction

- in side lying
- eliminates the long lever arm



### External Rotation

- to shot-put position



### Mid Trapezius

- arms parallel



### Dynamic Caudal Glide

- keep arm straight



### Lower Trapezius

- keep head neutral



### Rhomboids

- include the eccentric component