

**Notes :**  
Impingement Exercises

## 1 Shoulder Pendulum



Stand and bend at the waist, holding a table with the unaffected arm, leaving the affected arm hanging.

Initiate the movement with the body and slowly rotate your arm in a circular motion, progressively getting bigger, as comfort allows.

Repeat in the other direction.



## 2 Scapular protraction



Stand facing a wall and put your hands against the wall with your elbows straight. Bend your elbows to bring your face closer to the wall and push yourself back up, pushing all the way to round your upper back and to protract your shoulder blades. Make sure you don't arch your back when you do this movement. Keep your stomach muscles tight.

### 3 Retraction with band



Stand with good posture, midsection braced. Hold a resistance band in front of you with your elbows straight and your hands close together (in front of your thighs).

Bring the bottom corners of your shoulder blades toward your spine, overcoming the resistance of the band.



Movement of your arms/hands should follow the movement of your shoulder blades. The shoulder blades should drive the movement, not the arms or hands.

Complete the prescribed number of repetitions.

## 4 Scapular (A)



Start in standing with a band attached to an object located in front of you, just below chest level.

Then, keeping your shoulder blades down and back, move both arms at a 45 degree angle from your body in order to form an "A". Hold the position for a few seconds and repeat the exercise.



## 5 X Low row



Hold two cables/bands in a crossed way (forming an X) at shoulder height. Squeeze your shoulder blades together as you pull back the bands. Be sure to raise your hands slightly up and out as you pull. Return to the start position and repeat as indicated.

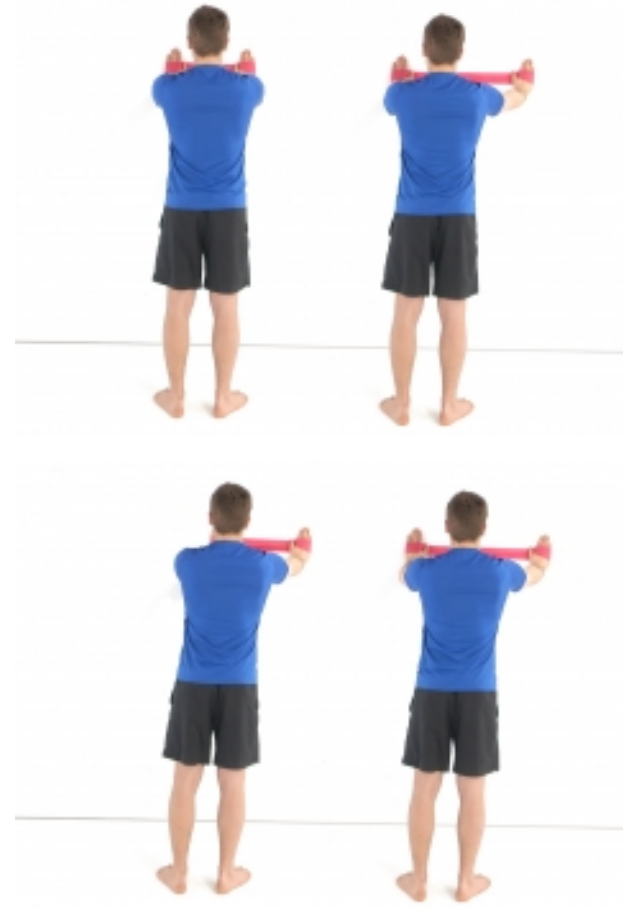


## 6 Brugger with elbows bent



Stand or sit with a band wrapped around your hands. Begin with your elbows bent at 90 ° and arms down against your sides-your palms will be facing each other. First, squeeze your shoulder blades together. Next, spread your hands apart and create resistance into the band. Rotate your shoulders in this motion until your hands are in line with the sides of your body. From there, keep your shoulders down while you extend at the elbows. Using a slow and controlled motion, return to the starting position by bending the elbows and by allowing your hands to return towards the midline. Repeat the exercise as directed.

## 7 Lateral wall walk



Tie an elastic band around your hands. Keep your arms straight and place your hands flat against a wall at shoulder height. Walk your hands sideways along the wall, keeping tension on the band. Make sure to control your movements.

## 8 Lats pull down



Stand up and attach the band overhead in front of you.  
Hold the remaining ends of the band in each hand.  
Drawing your shoulder blades together and toward the ground, pull the band down to lower the arms on each side.  
Control the movement.



## 9 D2 PNF flexion - Draw sword

Attach cord to your side at a low position. With arm across body hold cord up and across body as if you were "drawing a sword." Slowly return arm to starting position in a controlled motion. Repeat for required sets and reps. Then repeat bilaterally.

