

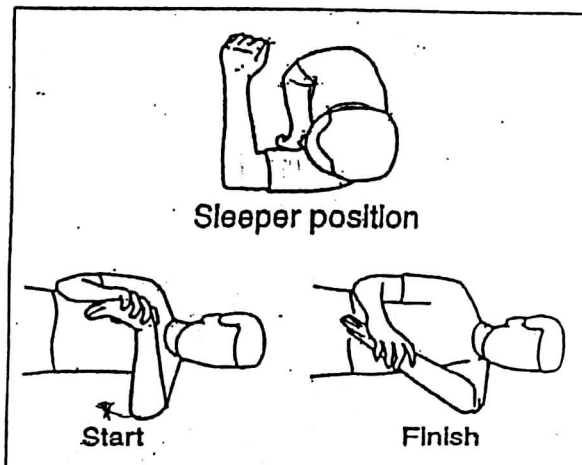
Exercise program for: [patient's name]

Prepared by: [physician info]

HOME EXERCISE PROGRAM FOR SHOULDER IMPINGEMENT

Perform the exercises in the order listed. Apply a bag of crushed ice or frozen peas to the shoulder for 20 minutes after performing the exercises to prevent inflammation. These exercises should not increase the pain in your shoulder, although you may experience muscle soreness and a stretching sensation. Call your doctor if you experience increased pain or if you do not see improvement in your ability to perform overhead activities without pain after performing the exercises for 3 or 4 weeks.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Sleeper stretch	Posterior rotator cuff Posterior inferior capsule/glenohumeral ligament	4 repetitions/3 to 4 sets	Daily	3 to 4
External rotation	Infraspinatus Teres minor	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3 to 4	6 to 8
Internal rotation	Subscapularis Teres major	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3 to 4	6 to 8



Start with your elbow lower

SLEEPER STRETCH

Lie on your side on a firm, flat surface with the affected shoulder under you and the arm positioned as shown, keeping your back perpendicular to the surface. With the unaffected arm, push the other wrist down, toward the surface. Stop when you feel a stretching sensation in the back of the affected shoulder. Hold this position for 30 seconds, then relax the arm for 30 seconds. Perform 3 or 4 sets of 4 repetitions daily, continuing for 3 to 4 weeks.

*Start with 10 second hold
(4) repetitions*

Do 3-4 times a day