

# Therapy Department

## Shoulder Impingement

Repeat: **1** time(s), every **1** day(s)

Estimated Total Time: **00:09:46**



kiio FLEX Program Prepared by:

**Theresa Parry**

**Hand to Shoulder**

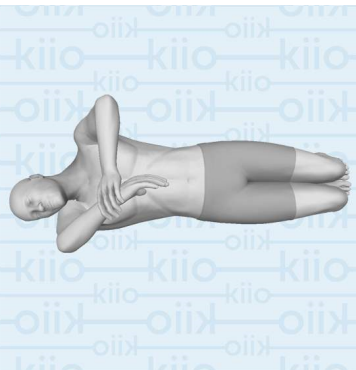
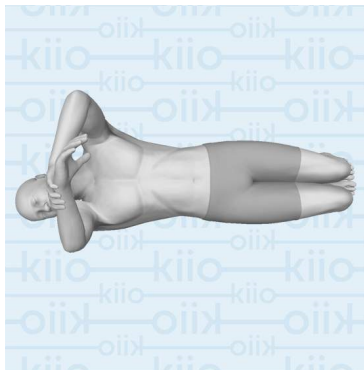
Description not available

(920) 730-8833

**Notes:** If you are feeling any pain or soreness after the routine, ice your shoulder for 30 minutes.

### 1: Sleeper Stretch

Lie on your side with your lower shoulder and arm out in front of your chest. Place your head on your shoulder to keep it pinned to the floor. Bend your lower elbow 90° and use your top hand to rotate your lower forearm down or forward until you can feel a stretch.



#### Effort

**4 Sets x 20 secs**

20.0 sec. each (Total: 0:02:40)



#### Remember

**Don't straighten elbow  
as forearm rotates down.**

**Don't let shoulder rise off floor.**

### 2: Codman's Shoulder Pendulum (DB)

Lean over at your hips. Support your body with one arm, letting the other arm hang down, holding a dumbbell in that hand. Sway your hips, shifting your weight to swing your arm like a pendulum: Forward and backward, side to side, clockwise and counter-clockwise circles.



#### Effort

**1 Set x 30 secs**

4.0 sec. each (Total: 0:00:30)



#### Remember

**Keep shoulder relaxed.**

**Sway hips and shift weight,  
swinging arm like pendulum.**

### 3: Shoulder Blade Squeeze - Standing

Stand with your arms relaxed at your sides. Squeeze your shoulder blades together, pulling your hands to the sides of your hips. Don't pinch your elbows back or let your arms go behind your body.



#### Effort

**1 Set x 10 Reps**

6.8 sec. each (Total: 0:01:53)

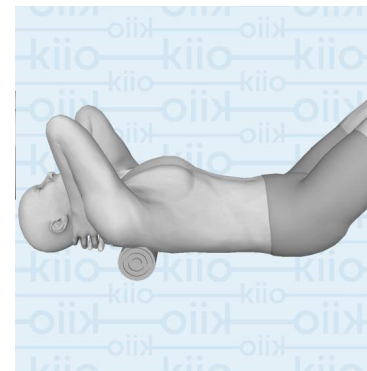
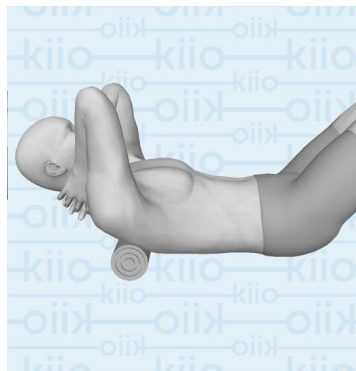


#### Remember

**Don't pinch elbows back or  
let arms go behind body.**

### 4: Thoracic Extension

Firmly roll a towel into a 3" diameter roll. Lie on your back, knees bent, with the towel roll perpendicular to your spine at the level of your shoulder blades. Support your neck and lower your head over the towel roll.



#### Effort

**5 Sets x 10 secs**

10.0 sec. each (Total: 0:01:15)



#### Remember

**Arch spine over towel roll.**

# Therapy Department

## Shoulder Impingement

Repeat: **1** time(s), every **1** day(s)

Estimated Total Time: **00:09:46**



kiio FLEX Program Prepared by:

**Theresa Parry**

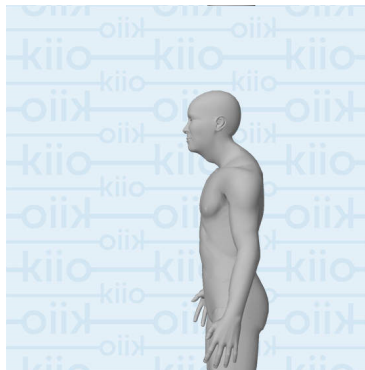
**Hand to Shoulder**

Description not available  
(920) 730-8833

**Notes:** If you are feeling any pain or soreness after the routine, ice your shoulder for 30 minutes.

### 5: Cervical Retraction with Shoulder Flexion

Start with your arms at your sides, chin sticking out. Lift your arms overhead. As you do so, pull your chin back into a chin tuck.



#### Effort

**1 Set x 10 Reps**

4.0 sec. each (Total: 0:01:25)

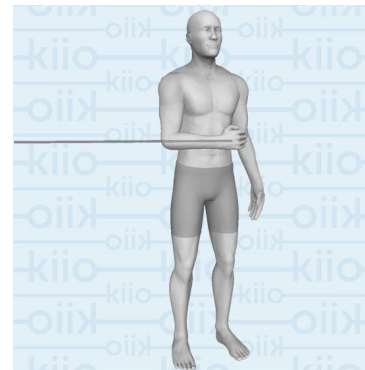
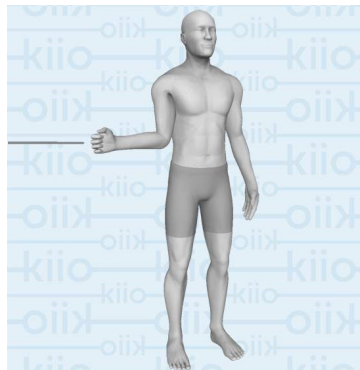


#### Remember

**Don't look down or bend neck downward.  
ONLY COMPLETE IN PAIN FREE RANGE**

### 6: Internal Rotation

Keep your elbow bent 90° with your thumb up. Rotate your forearm inward against the resistance cable. Hold your elbow slightly out from your side, allowing your hand to move slightly downward during the movement.



#### Effort

**1 Set x 10 Reps**

1.5 sec. each (Total: 0:01:00)

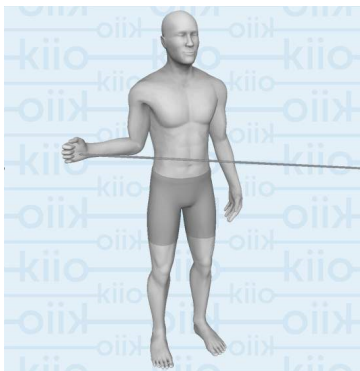
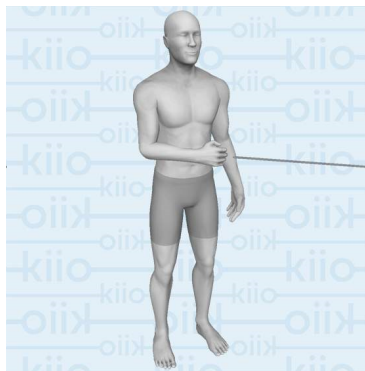


#### Remember

**Keep core tight.  
Keep elbow bent 90° and slightly away from body.  
Thumb up the entire time.  
Keep shoulders and pelvis level.**

### 7: External Rotation

Keep your elbow bent 90° with your thumb up. Rotate your forearm outward against the resistance cable. Hold your elbow slightly out from your side, allowing your hand to move slightly upward during the movement.



#### Effort

**1 Set x 10 Reps**

1.8 sec. each (Total: 0:01:03)



#### Remember

**Keep core tight.  
Keep elbow bent 90° and slightly away from body.  
Thumb up the entire time.  
Don't let elbow go behind body.**