

How to Strengthen a Painful Shoulder (3 Exercises)

These exercises should be done 2X-3X per week.

All can be done in 1 set of 10-20 repetitions.

Side lying Abduction: Good for strengthening the Supraspinatus and the Serratus Anterior muscle. Lie down with arm to be strengthened on top. Palm should be down. Lift weight only to 45 degrees to guard against any impingement. Repeat at least 10x. Work up to 20x. Start with 0 lb. Work up to 5 lb. if able.



Start without weight.



Side lying External Rotation: Good for strengthening the Infraspinatus and Teres Minor muscles. Lie down with arm to be strengthened on top. Bend upper arm elbow to 90 degrees (right angle). Palm should be down. Start with hand nearly on floor (or bed)- see photo.



Lift hand towards ceiling as far as comfortable. It should not be painful. Repeat at least 10x. Work up to 20x.



Start with 0 lb. Work up to 5lb. if able.

Lift off: Good for strengthening the Subscapularis muscle. Place hand in small of back with palm facing out. If unable to reach back, place hand on upper buttock. Using no weight lift hand straight off your back (not up, down, or side-to-side).



Repeat at least 10x. Work up to 20x.