



# SHOULDER MOBILITY AND STABILITY

Shoulder movement and function is a compromise between mobility of the ball and socket and stability supplied by the surrounding muscles. Due to the anatomy of the shoulder the majority of the stability is not supplied by the joint shape itself. It is a combination of ligaments, labrum and capsule but by the surrounding muscles. It is important that we get good balance of the rotator cuff, trapezius, deltoid, pectorals, serratus, levator scapulae, rhomboids and latissimus dorsi. Veegar and van der Helm (2007)

Below are 5 simple exercises to help prevent shoulder pain. These exercises are not designed to treat shoulder injuries or pain, they are prevention exercises only. If you have an injury, we recommend you seek bespoke professional advice. Complete 3 sets of 12 on each exercise.

## Upper Trapezius Stretch

Tilt your head away from the side you are wanting to stretch. Place hand on head and add gentle over pressure to feel a stretch (you should never pull so hard that you produce pain). This stretch can be deepened by holding onto the edge of the chair you are sitting on.



## Pecs Stretch

Stand in a doorway, with elbow at 90 degrees, place against the frame, rotate body away until you feel a stretch (this shouldn't produce pain) you can deepen the stretch by placing one foot forward and leaning your weight forward.



## Thoracic Extension

Sit on a chair, place hands behind your neck for support, lean backwards over the back rest of the chair.



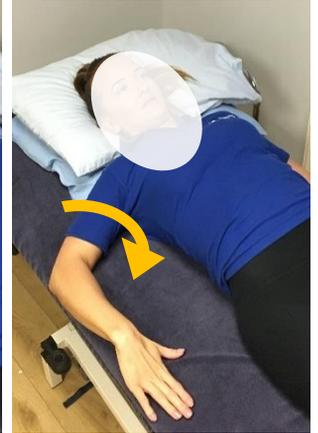
### External Rotation Strengthening

Take a piece of resistance band, hold between your hands. Keep elbows bent at 90 degrees, gently squeeze shoulder blades down, step onto your opposite leg and rotate out to the side. Control back to the start position.



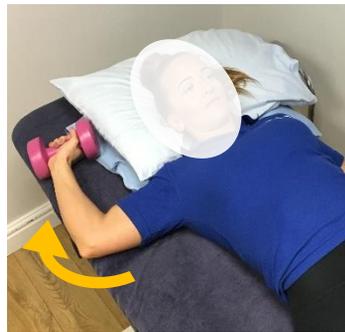
### Supine Rotational Strengthening

Lie on your back with your shoulder and elbow at 90 degrees. Have your elbow just off the bed. Feel you are gently squeezing your shoulder blades down, smoothly rotate your arm up and down.



### Progression of Supine Rotational

Strengthening - Once you can completely rotate your arm, add a small weight to increase resistance.



### **FANCY A CHALLENGE?**

The shoulder flexibility test is a simple evaluation of the flexibility and mobility of your shoulder joint. Also known as the Apley back scratch test.



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