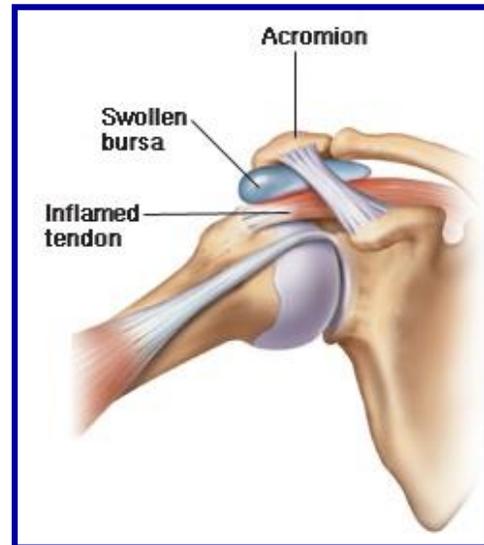
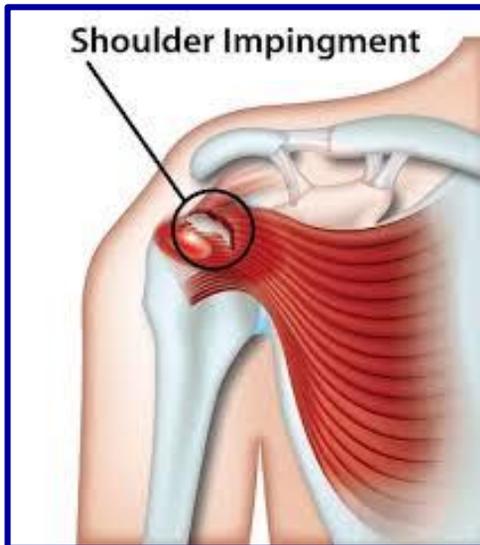




SUBACROMIAL (SHOULDER) PAIN SYNDROME

Subacromial pain syndrome is a relatively common clinical syndrome which occurs when the tendons of the rotator cuff muscles (as well as a few other structures) become irritated and inflamed as they pass through the subacromial space, beneath the acromion. This can result in pain, weakness and loss of movement at the shoulder.

The image shows the structures that are usually irritated:



Anyone can develop subacromial pain syndrome and many factors can contribute towards its development. These include:

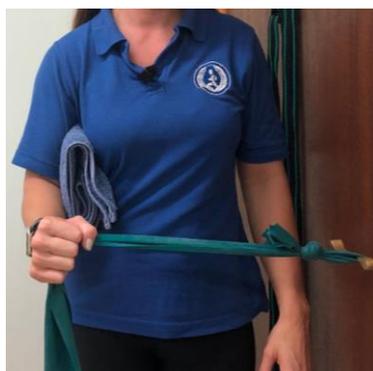
- Muscle weakness or imbalance
- Shoulder stiffness
- Posture
- Age related change of the muscles/ tendons or joints of the shoulder

Symptoms can develop gradually or follow from an injury, and are more commonly experienced in individuals older than 45 years of age.

This debilitating condition often responds well to certain exercises performed with care and control. Below are exercises that should help:

Lateral Rotation

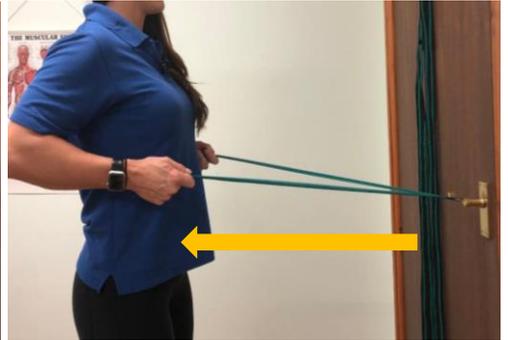
Attach your band to a door handle or something sturdy around waist height, tuck a rolled-up towel in between your elbow and torso, then rotate forearm outwards. Perform 3 sets of 12.



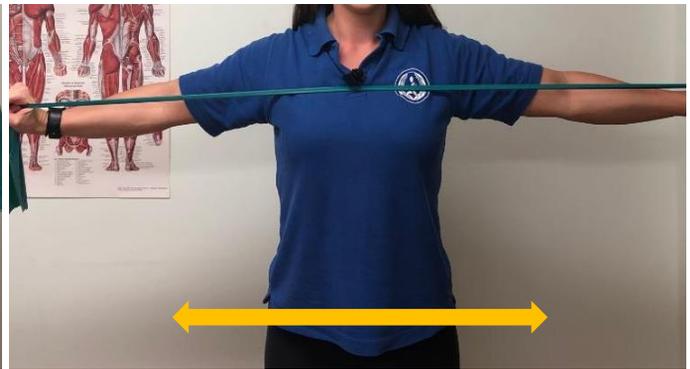
Internal Rotation
Attach your band to a door handle or something sturdy around waist height, tuck a rolled-up towel in between your elbow and torso, then rotate forearm inwards. Perform 3 sets of 12.



Rowing
Hook your band around a door handle, squeeze shoulder blades together pulling your elbows to your waist. Perform 3 sets of 12.



Shoulder Retractions
Hold the band between your hands and stretch out to the sides. Complete 3 sets of 12.



FANCY A CHALLENGE?

Get yourself into the press-up position, ideally on your toes but on your knees is fine, raise one arm up at a time to shoulder height and hold for a count of 10 seconds. Try not to lose your balance!



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