
Education

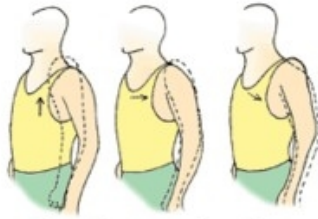
Shoulder Bursitis Rehabilitation Exercises

You may do these exercises when your pain has improved.

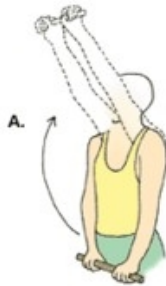
- Scapular range of motion: Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in your back pocket. Relax. Repeat this sequence 10 times.
- Wand exercises
 1. Flexion: Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your elbows straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.
 2. Extension: Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times.
 3. External rotation: Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor, your elbows at your sides and bent 90°. Using your good arm, push your injured arm out away from your body while keeping the elbow of the injured arm at your side. Hold the stretch for 5 seconds. Repeat 10 times.
- Isometrics
 1. External rotation: Standing in a doorway with your elbow bent 90° and the back of your hand pressing against the door frame, try to press your hand outward into the door frame. Hold for 5 seconds. Do 3 sets of 10.
 2. Internal rotation: Standing in a doorway with your elbow bent 90° and the front of your hand pressing against the door frame, try to press your palm into the door frame. Hold for 5 seconds. Do 3 sets of 10.
- Tubing exercise for external rotation: Stand resting the hand of your injured side against your stomach. With that hand grasp tubing that is connected to a doorknob or other object at waist level. Keeping your elbow in at your side, rotate your arm outward and away from your waist. Make sure you keep your elbow bent 90 degrees and your forearm parallel to the floor. Repeat 10 times. Build up to 3 sets of 10.
- Scaption: Stand with your arms to your side and with your elbows straight. Slowly raise your arms to eye level. As you raise your arms, they should be spread apart so that they are and only slightly in front of your body (at about a 30 degree angle to the front of your body). Point your thumbs toward the ceiling. Hold for 2 seconds and lower your arms slowly. Do 3 sets of 10. Hold a soup can or light weight when doing the exercise and increase the weight as the exercise gets easier.

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Shoulder Bursitis Exercises



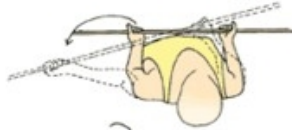
Scapular range of motion



A.

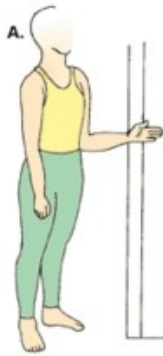


B.



C.

Wand exercises



A.

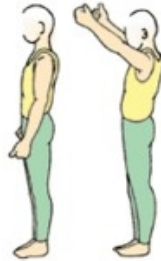


B.

Isometrics



Tubing exercise for external rotation



Scaption