

# Sweetwater Pain & Spine

Home Exercise Handout

## Shoulder Pain

**Shoulder pain** most commonly arises from rotator cuff irritation or weakness, subacromial impingement, or glenohumeral joint stiffness—all of which respond well to targeted rehabilitation. These exercises restore pain-free mobility, strengthen the rotator cuff and scapular stabilizers, and reduce joint stress. Begin with the pendulum to gently unload the joint, then progress to the strengthening exercises as pain allows; stop any movement that provokes sharp or worsening pain and contact our office.

### 1 Pendulum Exercise (Codman's)

2–3 sets • 30–60 sec each direction • 1–2x per day

1



#### SET UP

Stand beside a table.  
Place your non-affected hand on the table for support.  
Lean forward approximately 45°. Let your affected arm hang down completely relaxed.

2



#### CIRCLES

Using gentle body sway (not shoulder effort), swing your arm in small circles.  
Perform for 30–60 seconds.

3



#### FORWARD / BACK

Using gentle body sway, swing your arm forward and then back.  
Perform for 30–60 seconds.

4



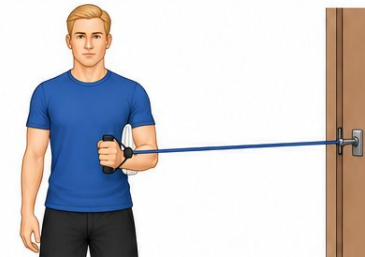
#### SIDE TO SIDE

Using gentle body sway, swing your arm side to side.  
Perform for 30–60 seconds.

### 2 Resistance Band External Rotation

3 sets • 10–15 reps • 1–2x per day

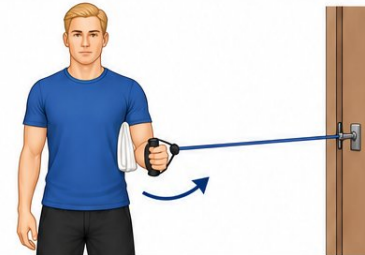
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#### SET UP

Stand upright with a resistance band anchored at elbow height.  
Hold the band with your hand and bend your elbow to 90°. Keep your elbow tucked against your side with a small towel in place.

2



#### ROTATE OUT

Rotate your forearm outward away from your body.  
Keep your elbow firmly pinned to your side.  
Move slowly and avoid using your shoulder or trunk.

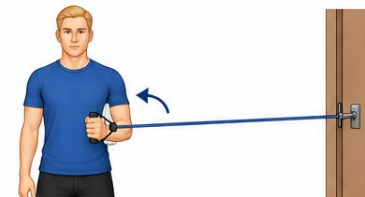
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#### END POSITION

Pause briefly at the end range.  
Squeeze your shoulder blade gently.  
Maintain control without letting the elbow drift.

4



#### SLOW RETURN

Slowly return your arm to the starting position.  
Do not allow the band to snap back.  
Control the movement throughout.

### 3 Side-Lying External Rotation

3 sets • 10–15 reps • 1–2x per day

1



#### SET UP

Lie on your non-affected side.  
Place a small towel under your elbow to maintain alignment.  
Bend your elbow to 90° and rest it against your side.  
Hold a light dumbbell (0.5–2 lbs) or no weight in your hand.

2



#### ROTATE UP

Rotate your forearm upward (external rotation) toward the ceiling.  
Stop when your forearm is at about 45–60°.  
Keep your elbow pinned to your side during the movement.

3



#### TOP POSITION

Pause briefly at the top.  
Squeeze your shoulder blade gently and hold for a moment.

4



#### SLOW LOWER

Lower your forearm slowly back to the starting position.  
Do not let the weight drop.  
Control the movement throughout.

### 4 Prone Y Raise (Lower Trap Activation)

3 sets • 10–15 reps • 1–2x per day

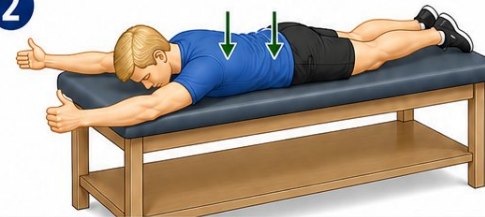
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#### SETUP

Lie face-down with arms extended overhead in a Y position.  
Keep your thumbs pointing toward the ceiling.  
Rest your forehead down and maintain a neutral spine.

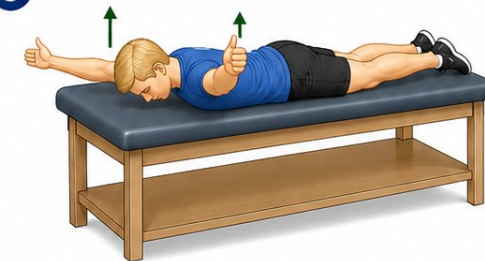
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#### ENGAGE

Gently pull your shoulder blades down and back away from your ears.  
Keep your neck relaxed and avoid shrugging.

3



#### LIFT & CONTROL

Exhale and lift your straight arms toward the ceiling.  
Focus on using your lower traps and mid-back—not your lower back.  
Hold the top position for 2 seconds.  
Slowly lower your arms back down with full control.  
Keep the movement slow and controlled.

■ Stop any exercise that causes sharp pain, new numbness or weakness, or worsening of symptoms, and contact our office. These exercises supplement but do not replace your provider's individualized plan.

Questions or concerns? Call Sweetwater Pain & Spine: (775) 870-1480

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