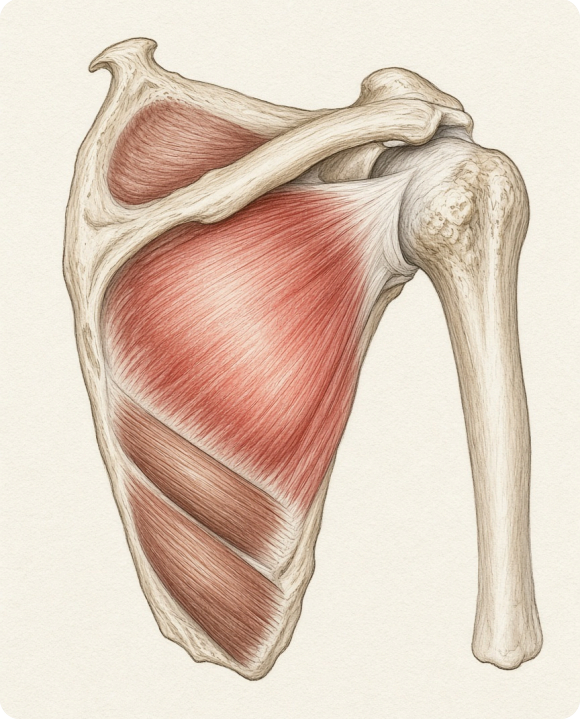
ARMIN PHYSIO



PATIENT GUIDE

# Infraspinatus Injury

Pain or weakness rotating your arm outward? It could be your **infraspinatus.**

**Armin Ghayyur**
Physiotherapist · arminphysio.com

## What is the infraspinatus?

The infraspinatus is one of the four rotator cuff muscles. It rotates your arm outward (external rotation) and helps keep your shoulder stable. When it's injured or torn, progressive strengthening can help bring back strength, stability and function.

QUICK CHECK

## Does this sound like you?

- ☐ Pain when **touching this region** at the back of your shoulder
- ☐ Pain when **resisting rotating your arm outward**
- ☐ **Unable to rotate your arm outward** (external rotation) at the shoulder
- ☐ Pain in the **back or side of the shoulder**, or with **reaching or overhead** movements
- ☐ Trouble with **throwing or racket sports**

**If you ticked a few boxes, your rotator cuff could be part of the problem. Try the 3 exercises on the next pages.**




Pain when touching the back of the shoulder



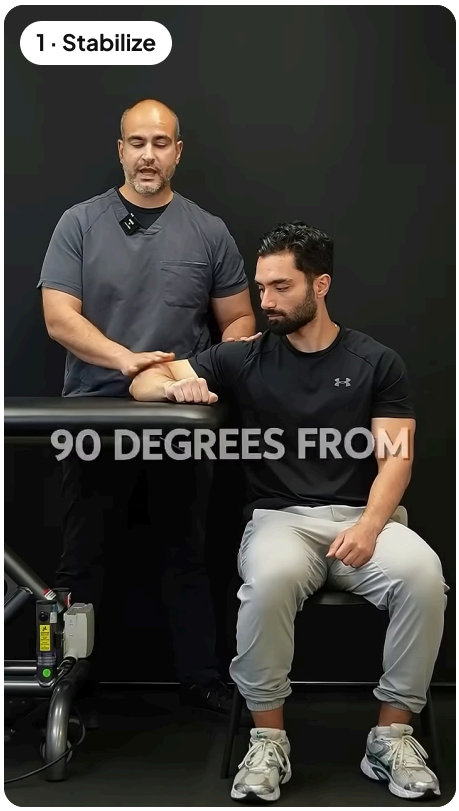
Pain or weakness resisting outward rotation

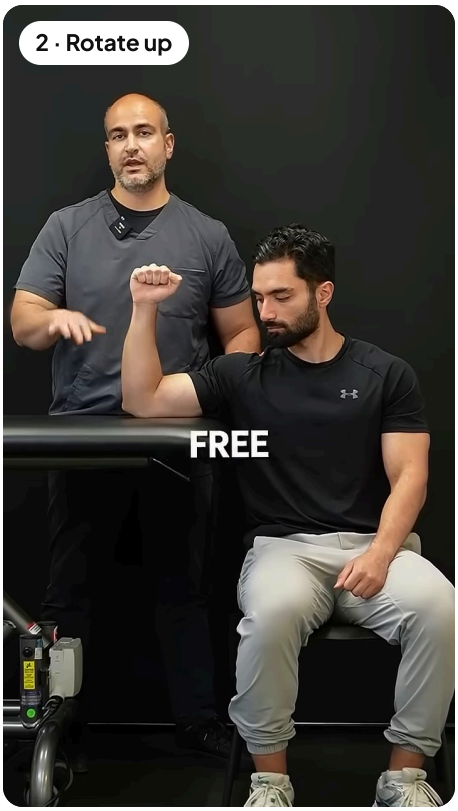
YOUR 3 EXERCISES

# Try these exercises

## 1 Supported external rotation

Strengthens the infraspinatus







1. **Stabilize your shoulder** like so, with your elbow supported. Get close to **90 degrees**.
2. From here, **externally rotate** at the shoulder, as much as you can pain-free.
3. **Go back down** and repeat.
4. **To make this harder**, use a weight to add some resistance.

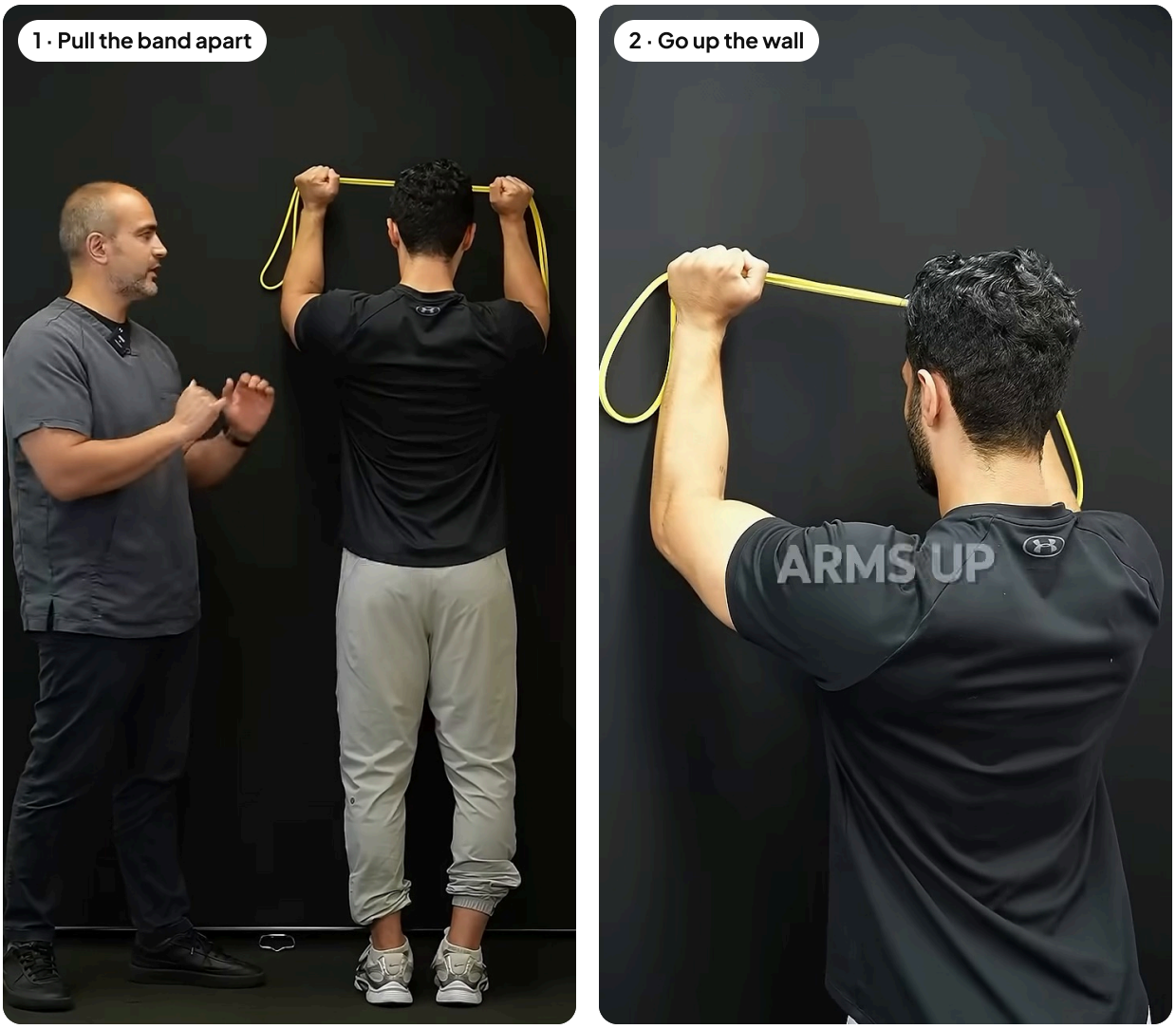
**3 sets of 10–15** reps, slow and controlled

From Armin's video description

**Stop if** you feel sharp pain, or the movement is no longer pain-free.

## 2 Band wall slide

Activates the muscles around your shoulder




1. **Pull the band apart** like so.
2. Keep your **forearms parallel** with one another.
3. **Gently bring your arms up**, going up the wall, activating all these muscles.
4. **Come back down** and repeat.

**3 sets of 10–15** reps, slow and controlled

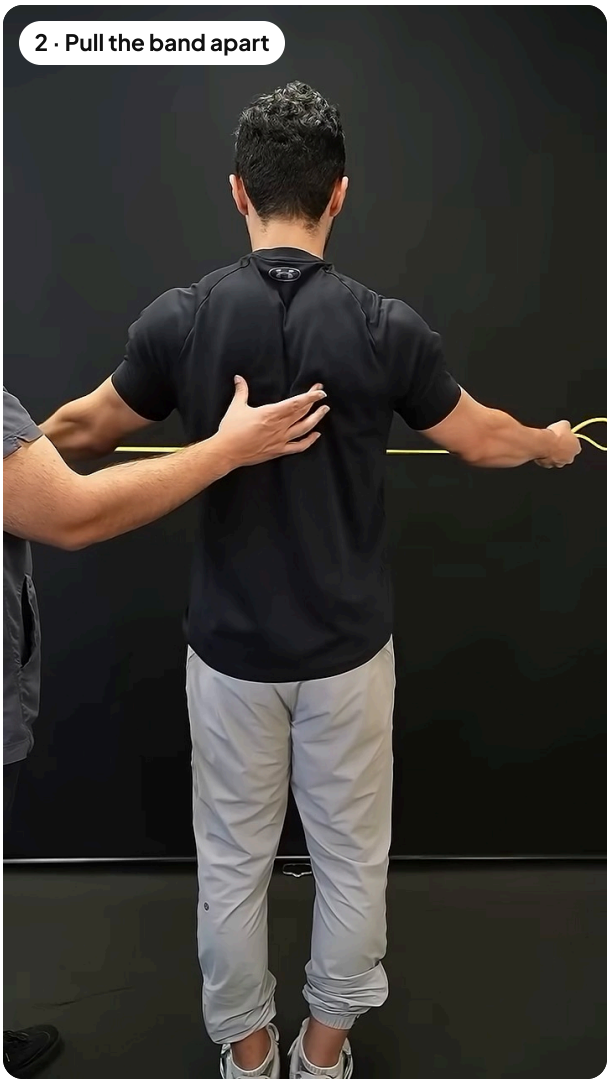
From Armin's video description

**Stop if** you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

# 3 Band pull-apart

Brings your shoulder blades together




1. Holding on to the band, **bring your arms up** to a pain-free range.
2. From here, **pull that band right apart**, bringing your shoulder blades together.
3. **Come back down slowly** and repeat.

**3 sets of 10–15** reps, slow and controlled

From Armin's video description

**Stop if** you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

# Put it together

**01**
**Strengthen**
Supported external rotation, 3 sets of 10–15

**02**
**Activate**
Band wall slide, 3 sets of 10–15

**03**
**Strengthen**
Band pull-apart, 3 sets of 10–15

Sets and reps are from Armin's video. Doing it once a day is a suggestion. Stay in a pain-free range and add a weight only when it feels easy.

## Stop the exercise if you notice

- Sharp, pinching pain that gets worse as you go
- Pain that lingers or is worse the next day
- Numbness, tingling or weakness in your arm

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

# Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

## Join Physio Updates

My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

## Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Book →

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info@arminphysio.com

WEBSITE
arminphysio.com

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@arminphysio

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**Disclaimer:** This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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