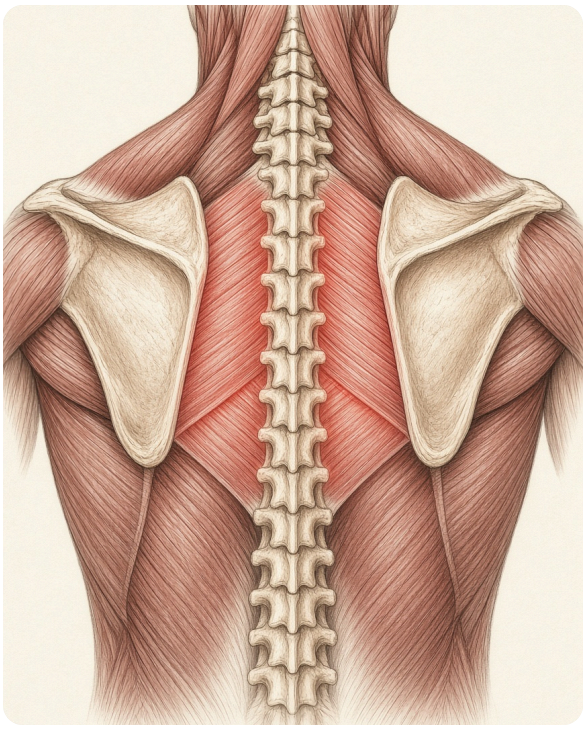
ARMIN PHYSIO



PATIENT GUIDE

Rhomboid Pain

Pain between your shoulder blades? It could be your **rhomboids.**

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What are the rhomboids?

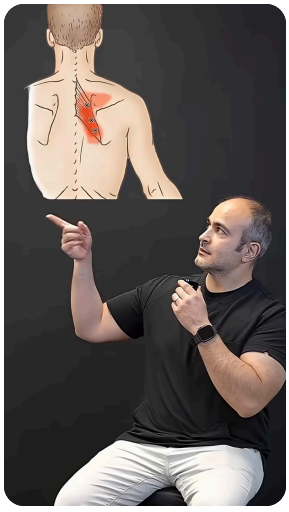
Your rhomboids sit between your spine and your shoulder blades. They're responsible for pulling your shoulder blades back and stabilizing your posture. Most people think that deep ache is just "tight muscles", but it's usually a mix of **weakness and poor positioning**. When the rhomboids aren't doing their job, other muscles overwork and pain kicks in.

QUICK CHECK

Does this sound like you?

- [ ] **Pain between your shoulder blades**
- [ ] **Trigger points** along the inner edge of the shoulder blade
- [ ] Pain when you **move your arm across your body**
- [ ] A **deep, annoying ache** in the middle of your upper back

If you ticked a few boxes, your rhomboids could be the problem. Try the 3 exercises on the next pages.



Pain right here



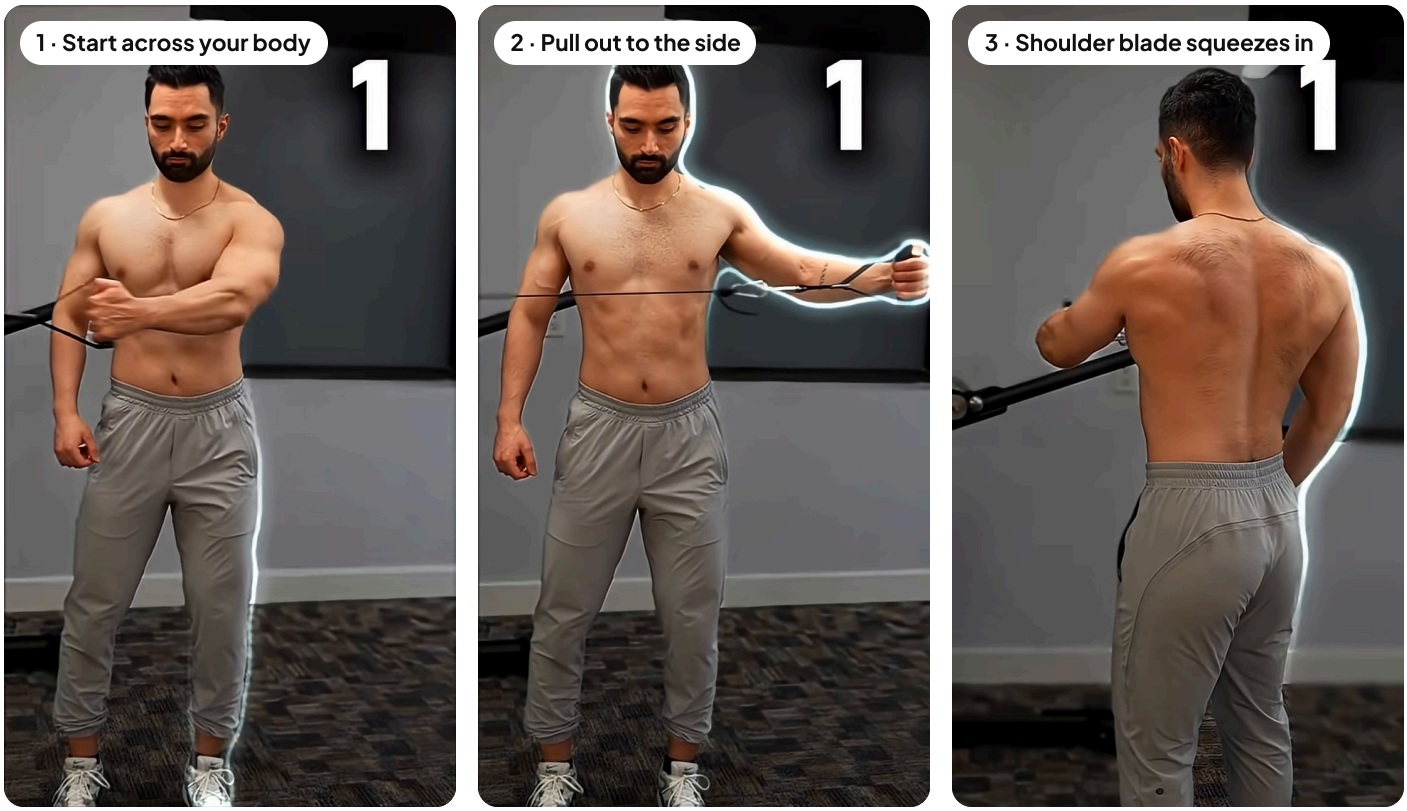
Pain moving your arm across your body

YOUR 3 EXERCISES

Try these exercises

1 Single-arm band pull

Strengthens the rhomboids by pulling the shoulder blade back



1. Anchor a band or cable at chest height on the **opposite side**.
2. Start with the working arm **across your body**, holding the handle.
3. **Pull out to the side** at chest height, keeping the arm nearly straight.
4. Finish by **squeezing your shoulder blade** toward your spine, then return slowly.

3 sets of 10–15 reps each side

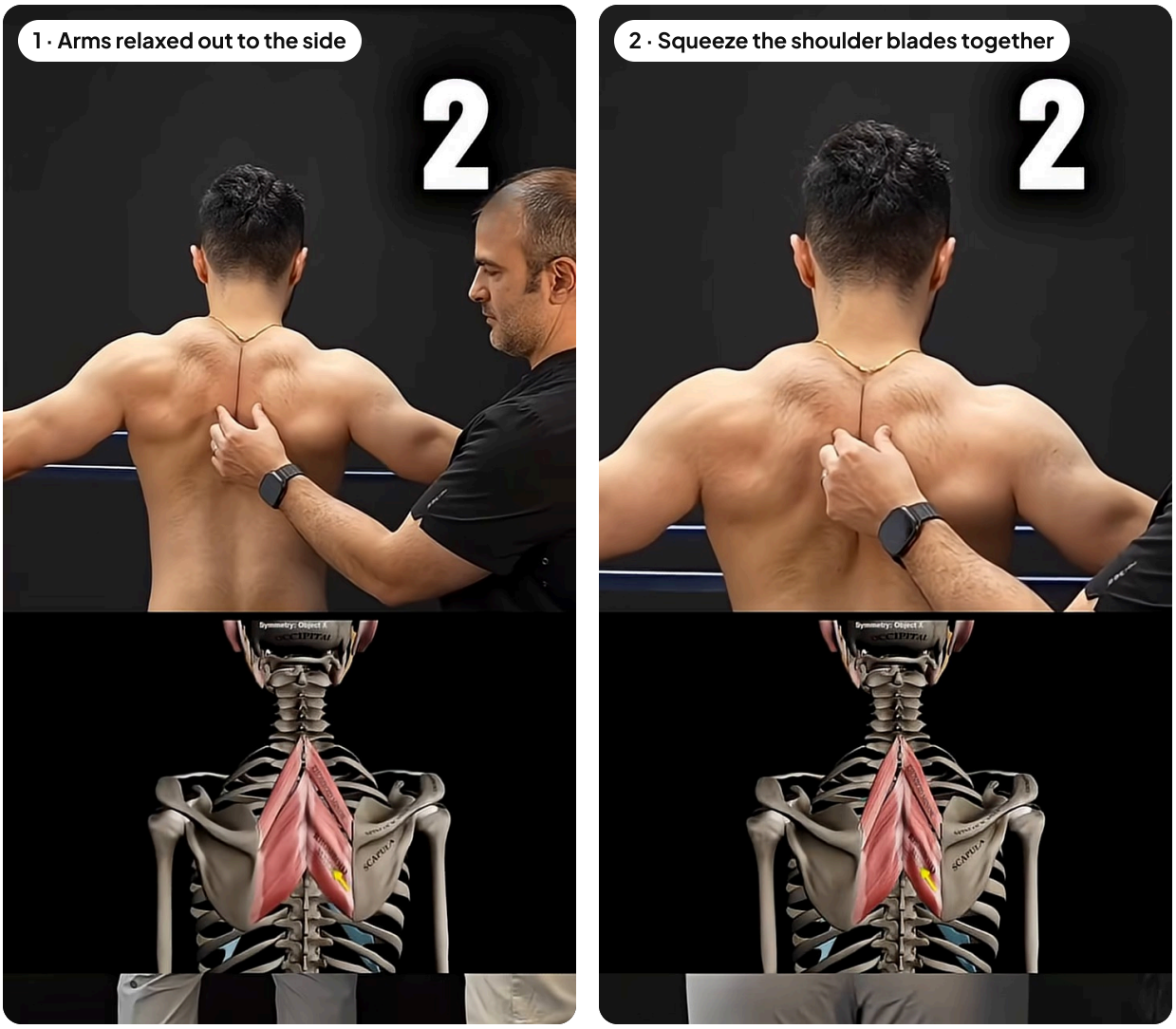
Suggested dosing

Suggested steps: Armin demonstrates this one in the video without spoken instructions, so the wording here is ours. Follow what you see in the photos.

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

2 Shoulder blade squeeze

Teaches the rhomboids to switch on



1. Sit or stand tall with your arms out slightly to the side.
2. Think about the spot **between your shoulder blades** (a partner can place a finger there).
3. **Squeeze your shoulder blades together** toward that spot, without shrugging up.
4. **Hold 3–5 seconds**, relax and repeat.

3 sets of 10, 3–5-second holds

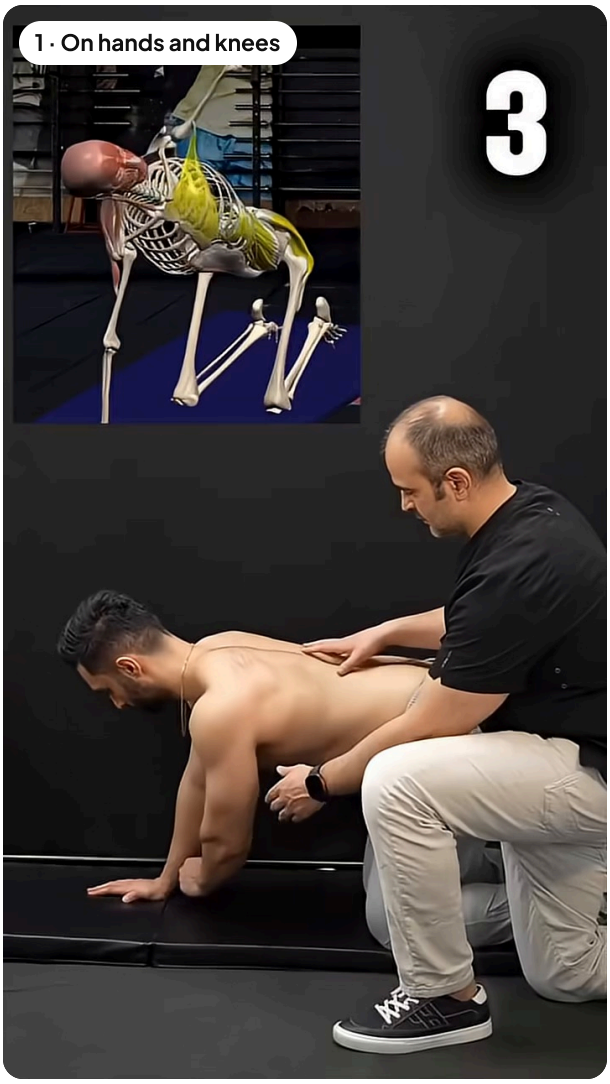
Suggested dosing

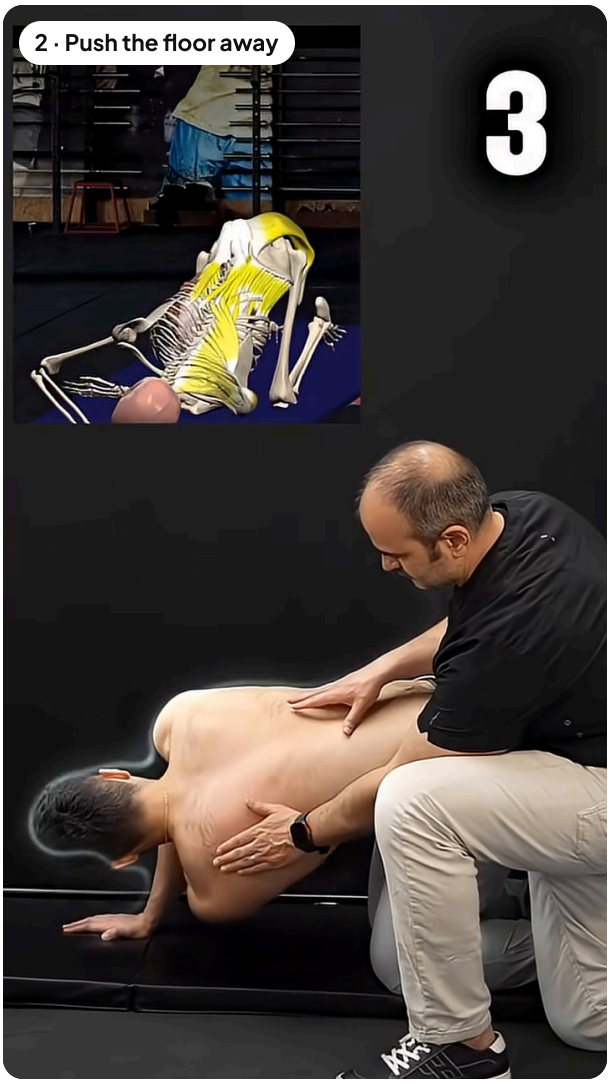
Suggested steps: Armin demonstrates this one in the video without spoken instructions, so the wording here is ours. Follow what you see in the photos.

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3 Shoulder blade push-up on hands and knees

Builds control of the shoulder blades





1. Get on your **hands and knees**, hands under your shoulders.
2. Keeping your elbows straight, **let your chest sink** so the shoulder blades squeeze together.
3. **Push the floor away** to spread the shoulder blades apart again.
4. Move slowly; only the shoulder blades move.

3 sets of 10–15 reps

Suggested dosing

Suggested steps: Armin demonstrates this one in the video without spoken instructions, so the wording here is ours. Follow what you see in the photos.

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Strengthen
Single-arm band pull, 3 × 10–15

02
Activate
Shoulder blade squeeze, 3 × 10

03
Control
Shoulder blade push-up, 3 × 10–15

Armin's video shows these exercises without spoken steps or set counts, so the steps, sets, reps and doing it once a day are suggestions. Move slowly and with control.

Stop the exercise if you notice

- Pain, numbness or tingling spreading down your arm
- Pain that keeps building as you go
- Pain that lingers or is worse the next day

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

SAFETY FIRST

Get checked right away if you have

- Pain between the shoulder blades with **chest pain or pressure, shortness of breath, sweating, nausea** or pain spreading into the jaw or arm
- **Sudden, severe tearing pain** in the upper back
- Pain after a **fall, crash or hard hit**, or pain that is **constant, even at night**
- **Numbness, tingling or weakness** in your arms or hands that is getting worse
- Upper back pain with **fever** or **unexplained weight loss**

Call 911 right away for chest pain or pressure, shortness of breath, or sudden severe tearing pain. For the others, see a doctor promptly. If the ache between your shoulder blades isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

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

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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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