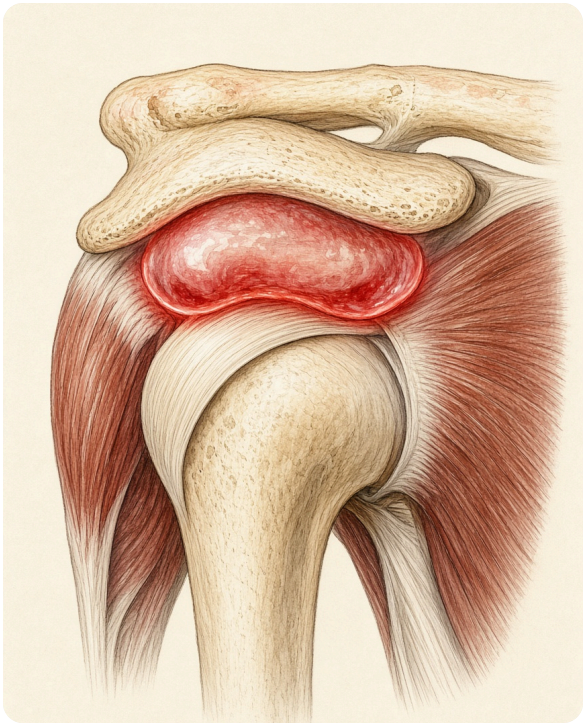
ARMIN PHYSIO



PATIENT GUIDE

Shoulder Bursitis

Pain when lifting your arm? It could be **shoulder bursitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is shoulder bursitis?

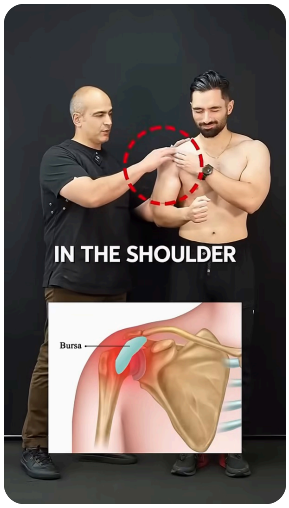
Shoulder bursitis happens when the subacromial bursa, a small fluid-filled sac that reduces friction between the structures in your shoulder, becomes irritated or inflamed. Gradually improving rotator cuff strength, shoulder blade stability and shoulder mobility can help calm it down and get you back to normal activities.

QUICK CHECK

Does this sound like you?

- ☐ **Dull, aching pain** in the shoulder, with possible **swelling**
- ☐ Pain with **overhead activities**
- ☐ Pain in a **specific range** when you bring your arm up
- ☐ Pain when **lying on the affected shoulder**
- ☐ Discomfort **reaching behind your back**

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



Aching shoulder pain, with possible swelling



Pain in a specific range lifting the arm

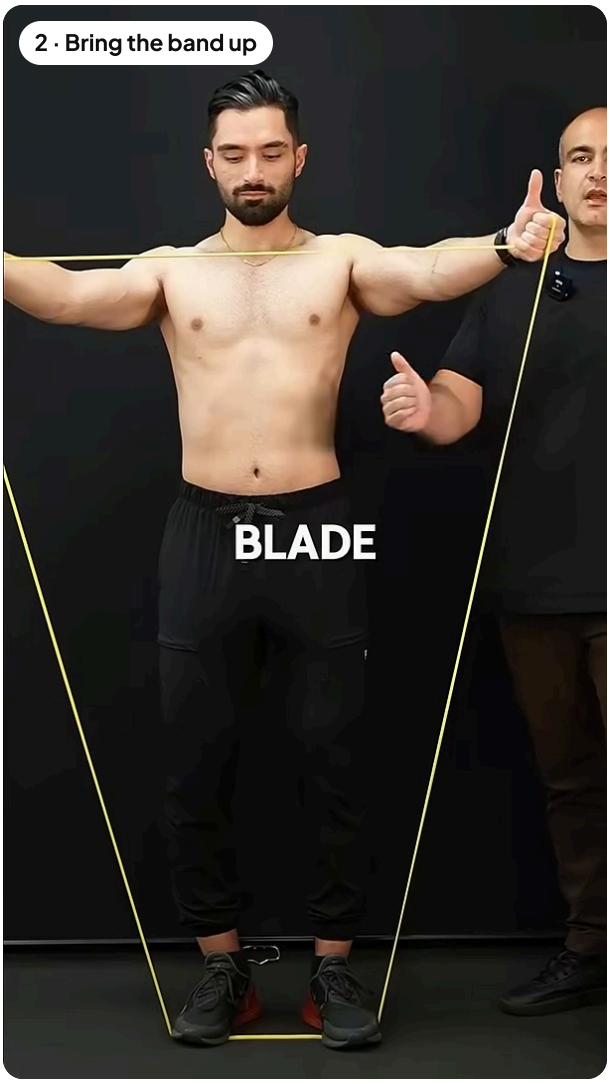
YOUR 3 EXERCISES

Try these exercises

1 Band raise, thumbs up

Strengthens the shoulder while you keep the shoulder blade steady





1. Hold on to a band like so with your **thumbs pointing up**.
2. From here, **bring that band up**. Go as much as you can tolerate.
3. Make sure you're **stabilizing your shoulder blade**.
4. **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.

2 Band wall slide

Activates your external rotators





1. **Loop a band around your wrists** like so, facing the wall.
2. From here, **activate your external rotators** and go up the wall, maintaining control.
3. Keep those **arms parallel** with one another.
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 raise, thumb down

Strengthens the shoulder at a 45-degree angle





1. Hold on to a band like so with your **thumb pointing down**.
2. Bring the arm out at about a **45-degree angle**.
3. **Bring that arm up.** Don't go to pain, and **stabilize the shoulder blades**.
4. **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
Band raise, thumbs up, 3 sets of 10–15

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

03
Strengthen
Band raise, thumb down, 3 sets of 10–15

Sets and reps are from Armin's video description; doing it once a day is a suggestion. Move slowly and with control. Avoid pushing through significant pain, especially during flare-ups.

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.

Scan to book

Book →

EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

YOUTUBE
@ArminPhysio

ALSO FROM ARMIN

ZIPDRIP

MOVEWELL med

EASY ALLIED HEALTH
A WELL Health Company

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.

ARMIN PHYSIO