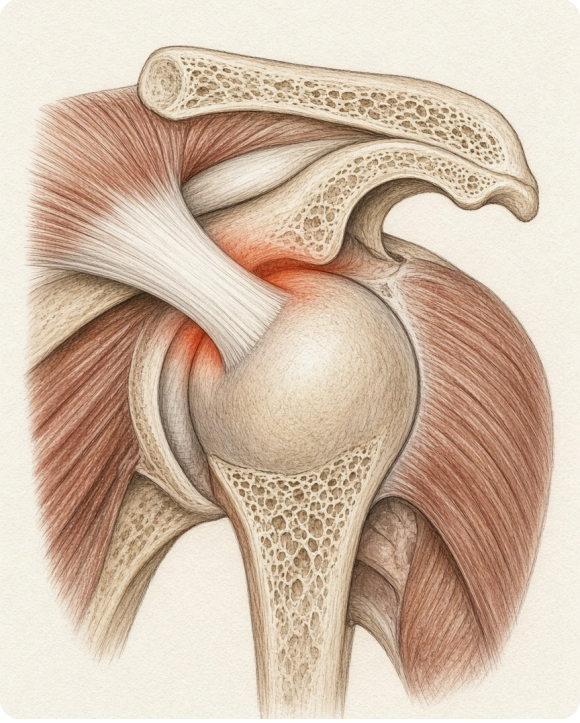
ARMIN PHYSIO



PATIENT GUIDE

Shoulder Impingement

Don’t ignore that sharp, pinching pain.
It could be **shoulder impingement.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is shoulder impingement?

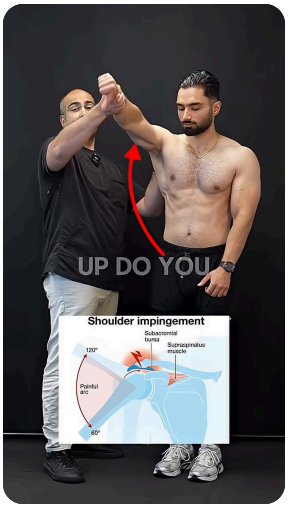
It’s pain that happens when the structures around your rotator cuff, in the space under the top of your shoulder, get irritated. It often flares with repetitive or overhead movements. Building rotator cuff strength, shoulder blade control and shoulder mobility can help.

QUICK CHECK

Does this sound like you?

- ☐ Pain in this general region when you **bring your arm up with your thumb pointing down**
- ☐ Pain that’s **worse with overpressure** when your hand is behind your body
- ☐ Pain **lifting your arm overhead**, often through the middle of the movement
- ☐ Pain **reaching behind your back**
- ☐ Pain when **lying on the sore shoulder**

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



Pain bringing the arm up with the thumb pointing down



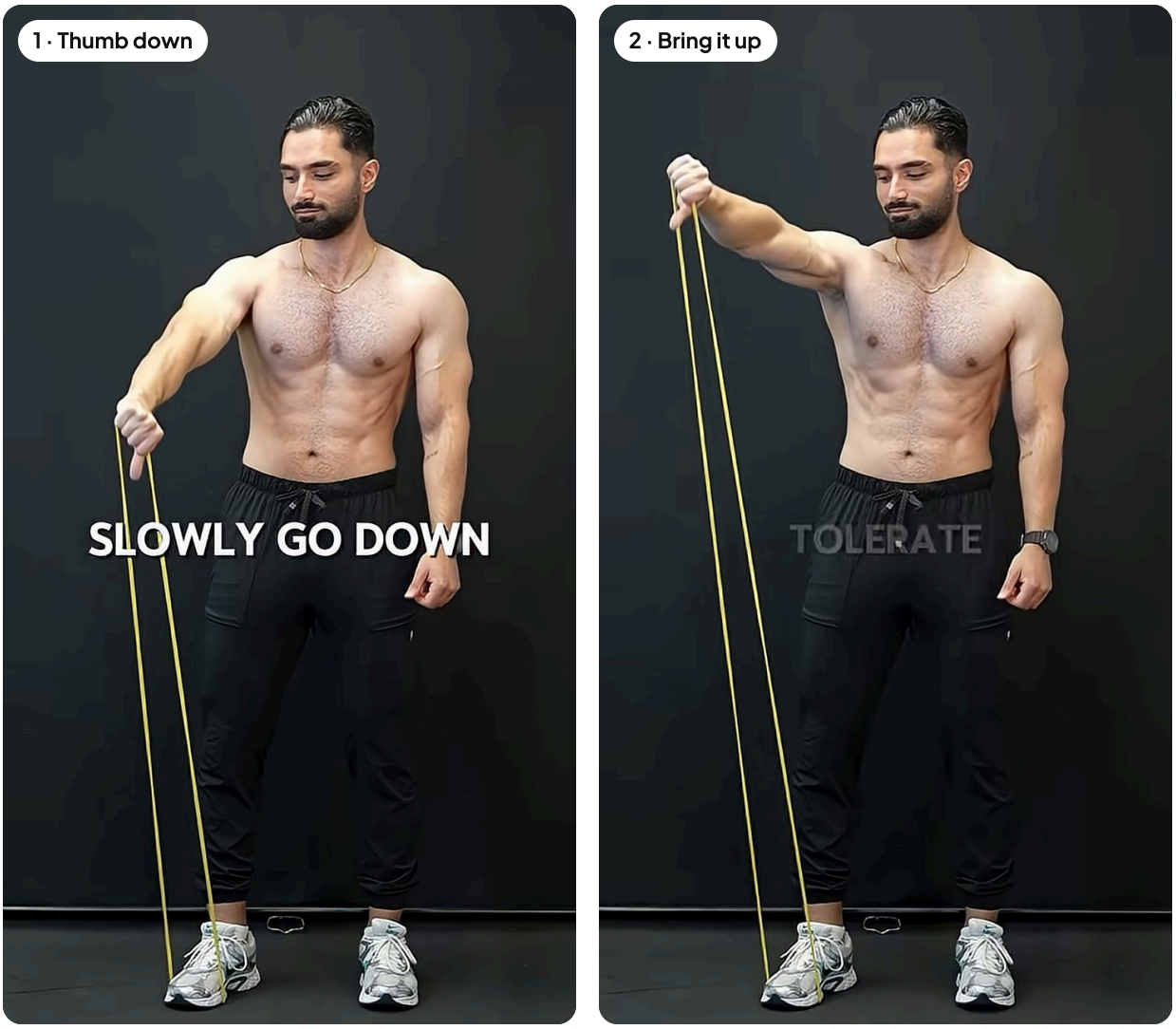
Pain with overpressure, hand behind the body

YOUR 3 EXERCISES

Try these exercises

1 Band raise, thumb down

Strengthens the shoulder against resistance



1. Hold on to a band with your **thumb pointing down**.
2. Go about **45 degrees from the body**.
3. **Bring that band up**, going against resistance. Go to the point you can tolerate.
4. **Slowly go down** and repeat.

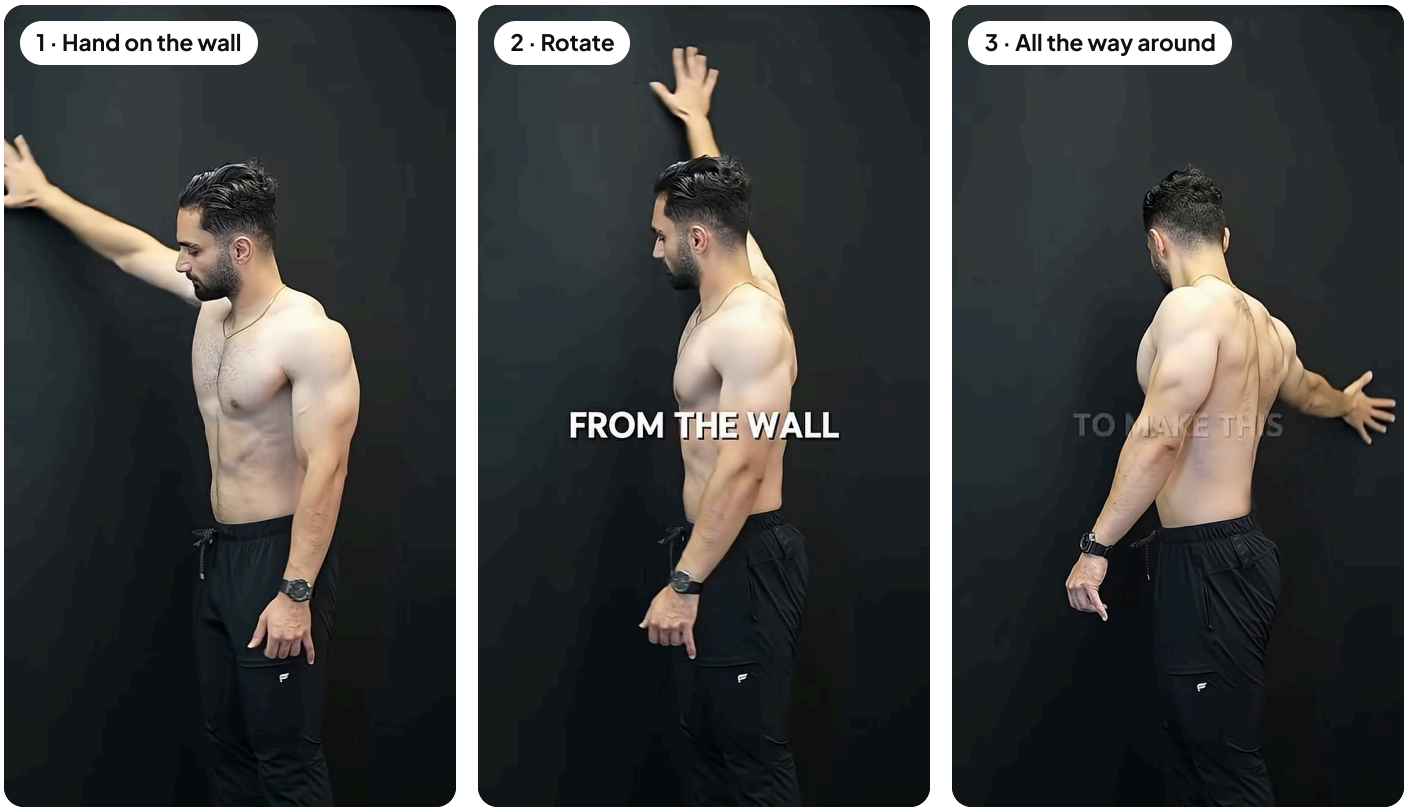
3 sets of 10–15 reps, slow and controlled

From Armin's video description

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

2 Wall rotation

Regains your range of motion



1. Place your hand with your **thumb down against the wall**.
2. From here, **try to rotate that arm**, regaining your range of motion.
3. Try to go **all the way around** and come back.
4. **To make this easier**, step away from the wall.

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 external rotation

Builds your shoulder’s tolerance for external rotation





1. Hold on to a band like so, with your **elbow up at shoulder height** and the band under your foot.
2. Try to get into **external rotation** at the shoulder joint, rotating your forearm up.
3. Go to a **point you can tolerate**.
4. **Come back down slowly** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin’s video description

> *“Build that joint’s tolerance for external rotation.”*
>
> — Armin

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
Mobilize
Wall rotation, 3 sets of 10–15 slow reps

02
Strengthen
Band raise, thumb down, 3 sets of 10–15

03
Strengthen
Band external rotation, 3 sets of 10–15

Sets and reps are from Armin's video. Doing it once a day is a suggestion. Work to a point you can tolerate: mild discomfort that settles is okay, sharp pinching pain is not.

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**.

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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

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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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