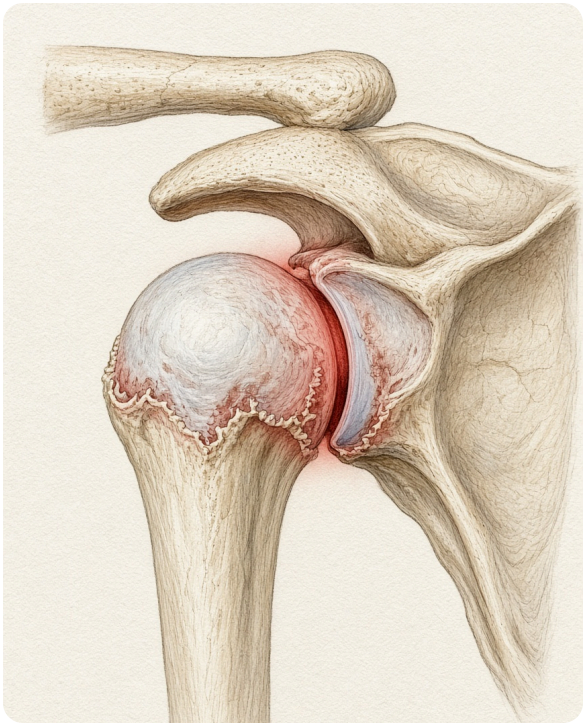
ARMIN PHYSIO



PATIENT GUIDE

Shoulder Osteoarthritis

Shoulder pain and stiffness? It could be **osteoarthritis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is shoulder osteoarthritis?

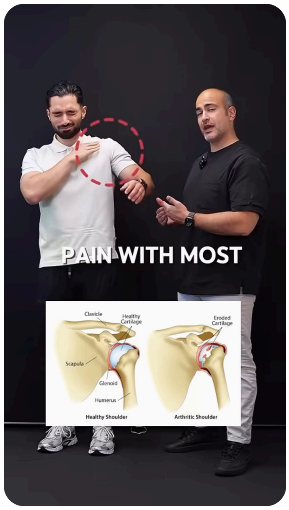
Shoulder osteoarthritis happens when the cartilage inside the shoulder joint gradually changes and wears down, which can cause pain, stiffness and less movement. Arthritis is something you manage. Keeping the shoulder moving and strengthening the muscles around the joint can help reduce symptoms, improve function and keep it from getting worse.

QUICK CHECK

Does this sound like you?

- ☐ Pain with **most movements** of the shoulder
- ☐ Pain **raising your arm above your head**
- ☐ Shoulder pain with **most activities**
- ☐ **Stiffness** and less range of motion
- ☐ **Grinding or clicking** in the shoulder

If you ticked a few boxes, arthritis could be part of the problem. Try the 5 exercises on the next pages.



Pain with most shoulder movements



Pain raising the arm above the head

YOUR 5 EXERCISES

Try these exercises

1 Dowel circles

Works your range of motion





1. Place your **affected hand on top of a dowel**.
2. Put your **unaffected hand on top**.
3. Go in a **circular motion**, working the range of motion.
4. Stay in a **pain-free range** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, or the joint feels more irritated for hours afterward.

2 Dowel-assisted raise

Moves the arm up to the side and in front





1. Hold the dowel like so with your **good hand**.
2. Try to **push the bad hand up**, as much as you can tolerate. Come back down.
3. Also **go forward**, working the flexion.
4. Stay in a **pain-free range** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

> *"This will work the range of motion without irritating the joint or the surrounding muscles."*
>
> — Armin

Stop if you feel sharp pain, or the joint feels more irritated for hours afterward.

3 Pillow press (isometric)

Strengthens the shoulder without moving the joint



1. Place the **pillow against the wall**, and place your arm against the pillow.
2. Try to **press into the pillow** as hard as you can.
3. Hold 3, 2, 1, then **relax** and repeat.

3 sets of 10–15 presses, 3-second hold

Sets and reps from Armin's video description; hold from the video

> *"You're activating the muscles but you're not moving the joint to irritate it."*
> — Armin

Stop if you feel sharp pain, or the joint feels more irritated for hours afterward.

4 Band row

Strengthens the muscles around the shoulder





1. Hold on to a band for resistance.
2. **Bring your arms up** as much as you can tolerate.
3. **Pull the band towards your chest**.
4. **Slowly go back out** and repeat.

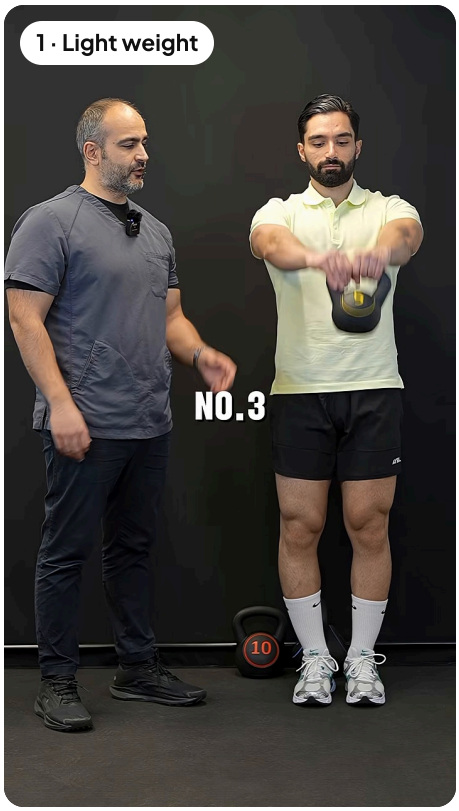
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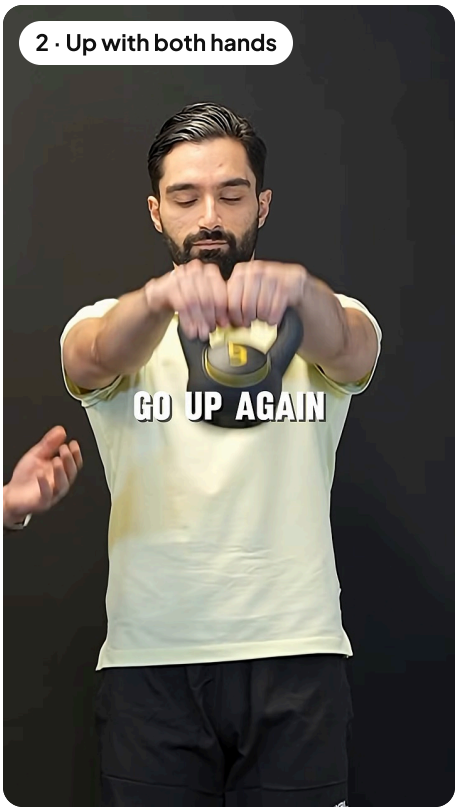
From Armin's video description

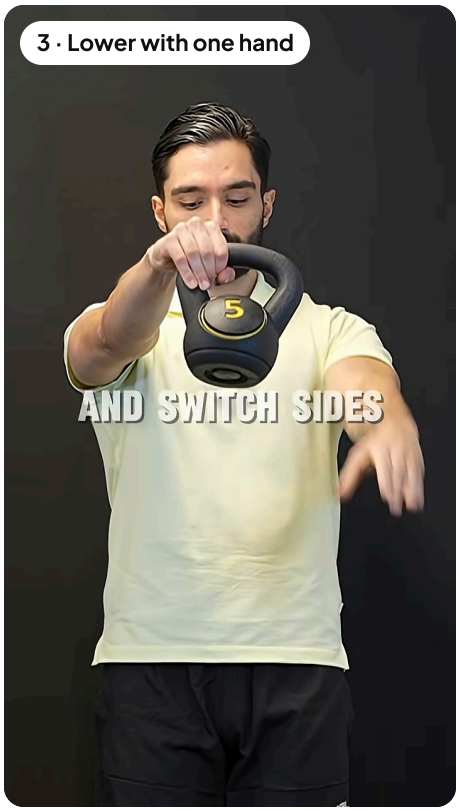
Stop if you feel sharp pain, or the joint feels more irritated for hours afterward.

5 Two up, one down (eccentric raise)

Strengthens the muscles while easing pressure on the joint







1. Grab some **light weight**.
2. **Bring it up with both hands.**
3. **Slowly lower it** with one hand.
4. Go up again and **switch sides**.

2–3 sets of 8–10 slow lowers each side

Suggested dosing (this exercise is from Armin's shoulder arthritis video)

> *"This will work your muscles eccentrically, reducing the pressure on the shoulder joint but strengthening the surrounding muscles."*
>
> — Armin

Stop if you feel sharp pain, or the joint feels more irritated for hours afterward.

DAILY ROUTINE · ABOUT 15 MINUTES

Put it together

01	02	03	04	05
Mobilize	**Raise**	**Activate**	**Strengthen**	**Strengthen**
Dowel circles, 3 sets of 10–15	Dowel-assisted raise, 3 sets of 10–15	Pillow press, 3 sets of 10–15	Band row, 3 sets of 10–15	Two up, one down, 2–3 × 8–10 each side

Sets and reps for exercises 1–4 are from Armin's video description. The dosing for exercise 5 and doing it once a day are suggestions. Stay in a pain-free range.

Stop the exercise if you notice

- Sharp pain during the movement
- Pain or stiffness 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

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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

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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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