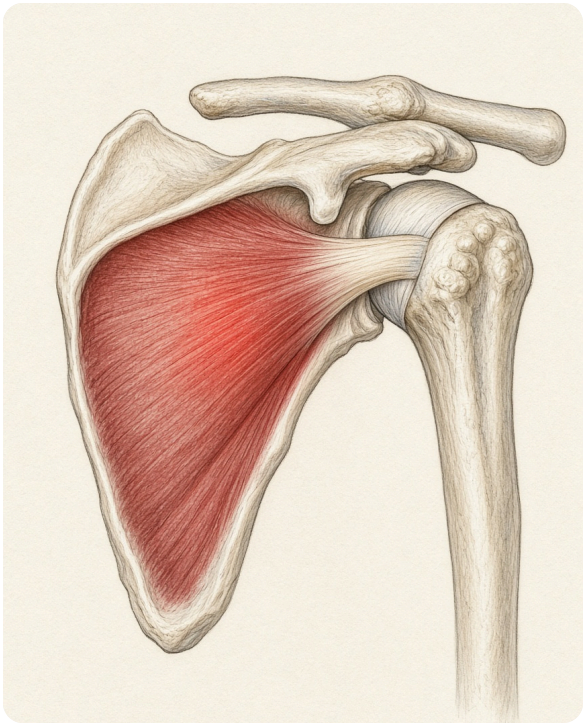
ARMIN PHYSIO



PATIENT GUIDE

Subscapularis Injury

Pain or weakness rotating your arm inward? It could be your **subscapularis.**

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What is the subscapularis?

The subscapularis is one of the four rotator cuff muscles. It rotates your arm inward (internal 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 **in the front of the shoulder** and into the armpit
- ☐ Pain when you **bring your arm behind your back**
- ☐ Pain when **resisting rotating your arm inward**
- ☐ **Weakness** rotating your arm inward
- ☐ Difficulty with **pushing or lifting**

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



Pain bringing the arm behind the back



Pain resisting inward rotation

YOUR 3 EXERCISES

Try these exercises

1 Dowel internal rotation

Warms up internal rotation





1. **Warm up** by holding a dowel like so, behind your back.
2. Use your **good arm to pull that arm up**, moving the sore arm into internal rotation.
3. Stay in the **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 that doesn't settle, or numbness or tingling down your arm.

2 Band shoulder drive

Works internal rotation against resistance





1. **Loop a band around the arm** like so, with the arm already in an internally rotated position (hand behind your back).
2. From here, try to **drive the shoulder forward**, working internal rotation against resistance.
3. Repeat.

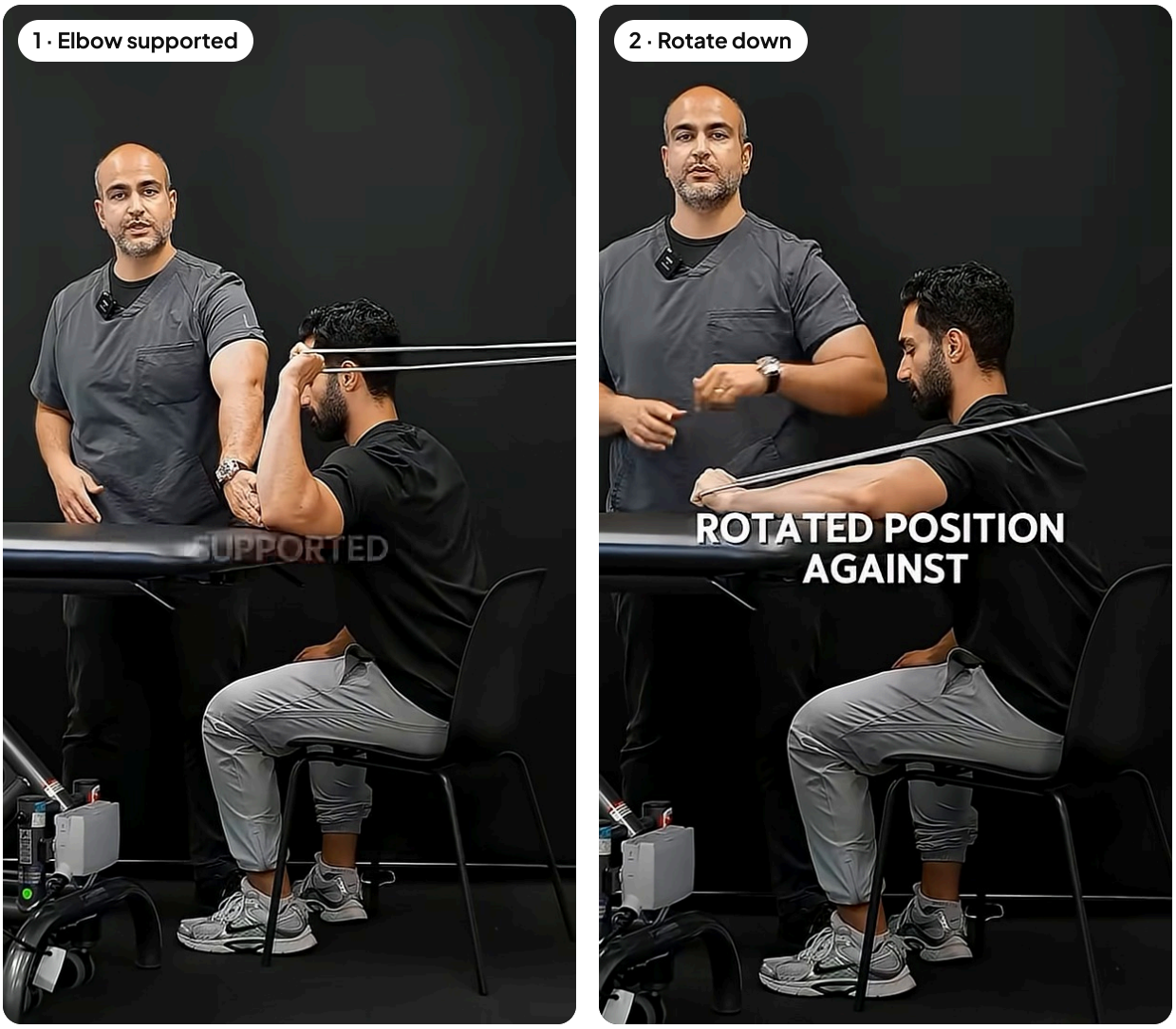
3 sets of 10–15 reps, slow and controlled

From Armin's video description

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

3 Seated supported internal rotation

Strengthens the subscapularis



1. Sit in a position like so, with your **elbow supported**.
2. From here, **rotate down** into an internally rotated position, against resistance.
3. **Come back up nice and slowly** 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 that doesn't settle, or numbness or tingling down your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Warm up
Dowel internal rotation, 3 sets of 10–15

02
Activate
Band shoulder drive, 3 sets of 10–15

03
Strengthen
Seated internal rotation, 3 sets of 10–15

Sets and reps are from Armin's video description; doing it once a day is a suggestion. Stay in a pain-free range and move slowly and with control.

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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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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