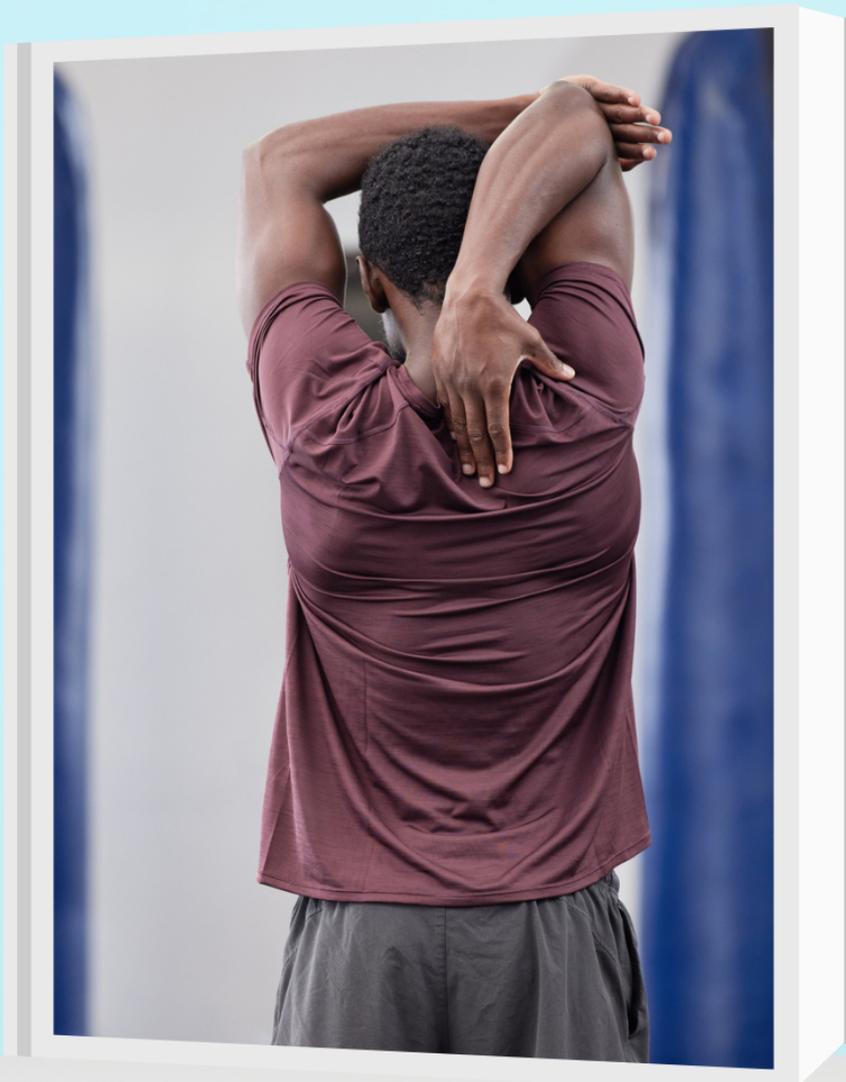


SHOULDER INJURY RESULTING  
FROM FALLS

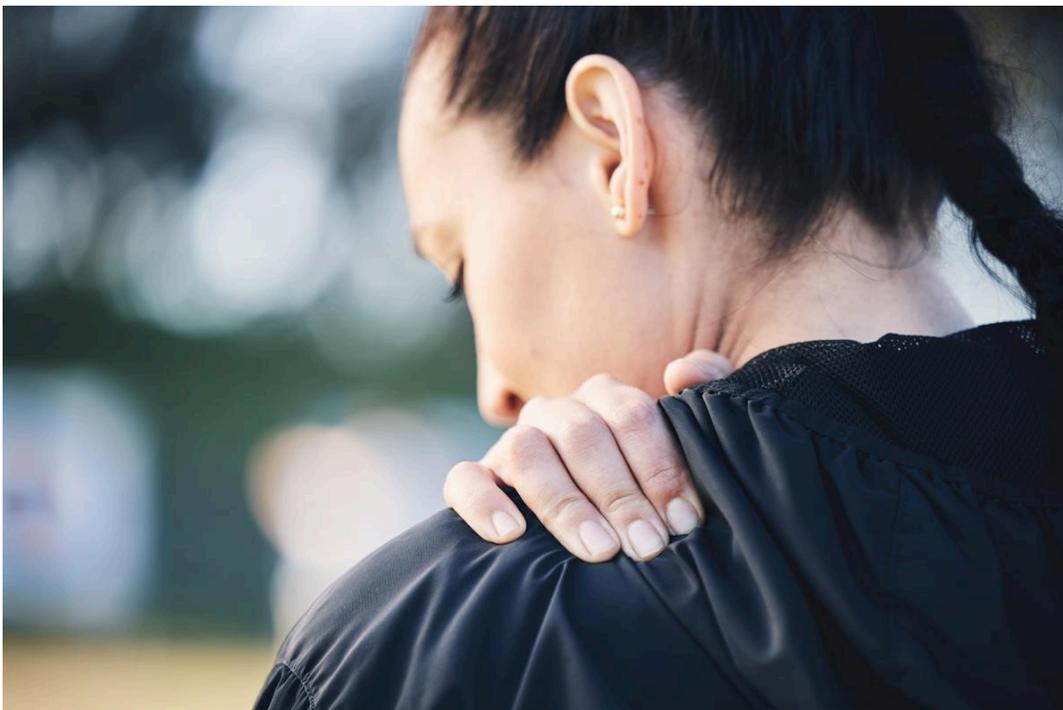
# SHOULDER HOME EXERCISE PROGRAM



[Quantamphysiotherapy.com](https://www.quantamphysiotherapy.com)

# Shoulder Injury Resulting from Falls

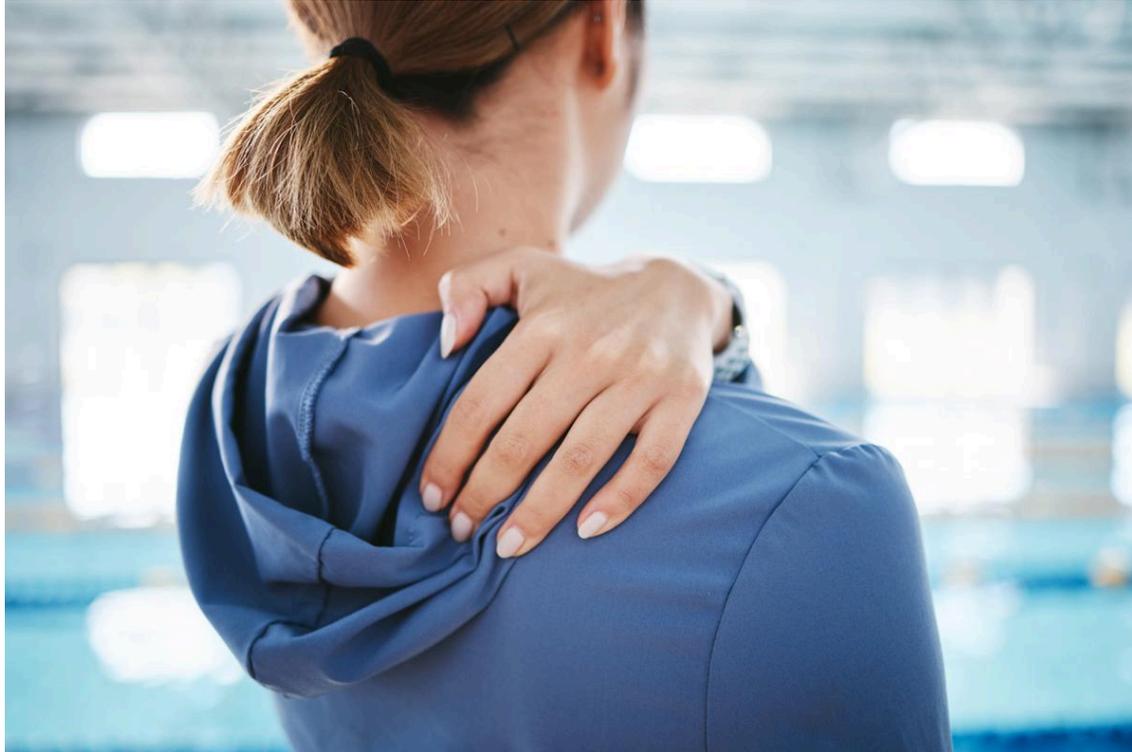
Falls can result in serious damage to the body especially the head, neck, shoulders and back. It can increase a person's disability and prevent someone from losing a great deal of work time. Understanding falls and the symptoms associated with it can help us improve functional level and return to work or sports properly and safely. If you experience any of below symptoms after a fall or injury, seek medical attention promptly. Your Physical therapist can also screen you for these injuries and save you hours of waiting time in the emergency department and if needed can refer you to a medical person for further diagnosis.



**Shoulder falls, also known as shoulder trauma or shoulder injuries, can manifest in various ways. Here are some common signs and symptoms:**

1. **Pain:** Sudden, severe pain in the shoulder, arm, or upper back
2. **Swelling and bruising:** Visible swelling, bruising, or discoloration around the shoulder area
3. **Limited mobility:** Difficulty moving the arm or shoulder, stiffness, or a feeling of being "frozen"
4. **Weakness:** Feeling of weakness or fatigue in the arm or shoulder
5. **Instability:** Sense of shoulder instability or feeling like the shoulder is slipping out of place
6. **Deformity:** Visible deformity or disfigurement of the shoulder or arm
7. **Numbness or tingling:** Numbness, tingling, or burning sensations in the arm, hand, or fingers
8. **Difficulty with daily activities:** Trouble performing everyday tasks, such as dressing, grooming, or lifting
9. **Clicking or snapping sounds:** Audible clicking or snapping sounds when moving the shoulder

10. **Muscle spasms:** Muscle spasms or cramping in the shoulder or arm



**Specific symptoms may vary depending on the type and severity of the shoulder injury, such as:**

1. **Dislocation:** Visible deformity, intense pain, and limited mobility
2. **Fracture:** Severe pain, swelling, and limited mobility
3. **Rotator cuff injury:** Pain, weakness, and limited mobility, especially with overhead activities

4. **Shoulder separation (AC joint injury):** Pain, swelling, and limited mobility, especially with heavy lifting or overhead activities

## Compression Fracture or Hill Sach's Injury.

A proper diagnosis and treatment plan can help alleviate symptoms and promote optimal recovery.

A Hill-Sach lesion is a type of posterior shoulder instability injury that occurs when there is a compression fracture of the posterior superior aspect of the humeral head (the ball of the shoulder joint). Physiotherapy for a Hill-Sach lesion typically focuses on improving shoulder stability, strength, and range of motion. Here are some common physiotherapy goals and interventions:

# Goals:

1. Reduce pain and inflammation
2. Improve shoulder range of motion (ROM) and flexibility
3. Strengthen the rotator cuff and scapular stabilizers
4. Enhance shoulder stability and proprioception (awareness of joint position)
5. Gradually return to functional activities and sports

# Interventions:

1. **Physiotherapy Pain management:** modalities like heat, cold, or electrical stimulation. Interferential therapy is a superior stimulation to achieve pain relief and muscle relaxation.
2. **ROM exercises:** gentle mobilization, flexion, extension, abduction, adduction, rotation
3. **Strengthening exercises:** rotator cuff (supraspinatus, infraspinatus, teres minor, subscapularis), scapular stabilizers (trapezius, serratus anterior)

4. **Proprioception exercises:** joint position sense, balance boards, BOSU ball training
5. **Functional activities:** gradual progression to daily activities, sports-specific drills
6. **Manual therapy:** joint mobilization, soft tissue mobilization, trigger point therapy.

## Shoulder Home Exercise Program From Quantam Physiotherapy

These exercises are for general recommendation only. For your specific need please consult with your therapist for exercises suited for you to get a proper exercise prescription.



### SHOULDER ABDUCTION - WAND / CANE

While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side. Lower back down and repeat.

Video # XVKCCYABX

<b>Repeat</b>	10 Times
<b>Hold</b>	1 Second
<b>Complete</b>	1 Set
<b>Perform</b>	1 Times a Day



**SHOULDER FLEXION AAROM -  
UNILATERAL - WAND / CANE**

In the standing position hold a wand / cane with both arms as shown. Lift the affected arm using the unaffected arm to assist with pushing it up.

Video # XV3QEUU7H

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



**CANE/WAND SHOULDER FLEXION -  
PALMS DOWN - AAROM**

Hold a wand/cane with both arms with your palms down on both sides. Raise the wand/cane up allowing your unaffected arm to perform most of the effort. Your affected arm should be partially relaxed.

Video # XVSN84BVA

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Posterior Glenohumeral Capsule Stretch

Put your shoulder diagonally against the wall. Using your other hand, keep the arm you are stretching straight and bring that arm towards your chest. You should feel this stretch in the back of your shoulder. Stretch for 30 seconds, and then switch sides. Repeat.

**Repeat** 2 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### SIDE LYING EXTERNAL ROTATION - ER

Lie on your side with your elbow bent and rested on your side. Next, draw up the your arm from the ground towards the ceiling.

Place a rolled up towel under your elbow if advised by your clinician.

Video # XVKB4UDGZ

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### **SERRATUS WALL SLIDE**

Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Next, protract your shoulder blades forward and then slide your arms up the wall as shown. Then, return to original position and repeat.

Video # XVEJWLAXP

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### **Shoulder Flexion - Theraband**

Place one end of the theraband under your foot and one in your hand. Keeping elbow straight, raise arm straight out in front.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### **LAT STRETCH - LATISSIMUS DORSI STRETCH**

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Video # XVKYLAUJM

**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### **TRICEPS STRETCH**

Bend your elbow and use your other arm to raise it up near your head. Gently push the elbow up and back towards your ear until a stretch is felt along the back of your arm. Hold, relax and repeat.

Video # XVWU8DQKM

**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### ELASTIC BAND SHOULDER ABDUCTION

Tie the end of an elastic band in a knot and place it at knee height on the opposite side of a door and shut the door on it.

Stand to the side of the door and hold the other end of the elastic band at your side. Then, move your arm up and to the side. Lower back down and repeat.

Maintain your elbow straight and your thumb in the "up" position the entire time.

Video # XVW5LV9WX

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### ELASTIC BAND SHOULDER ADDUCTION

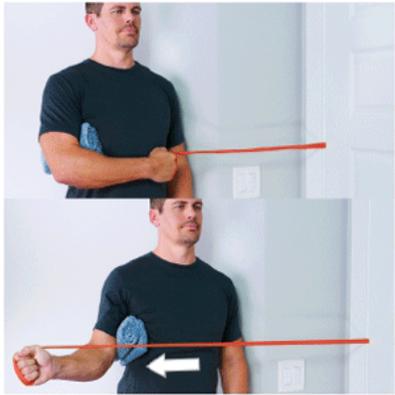
Tie the end of an elastic band in a knot and place it at head height on the opposite side of a door and shut the door on it.

Stand to the side of the door and hold the other end of the elastic band up and out to the side as shown. Then, move your arm down and towards the side of your body. Return your arm to starting position and repeat.

Maintain your elbow straight and the palm of your hand towards the side of your body the entire time.

Video # XVGADKMSW

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

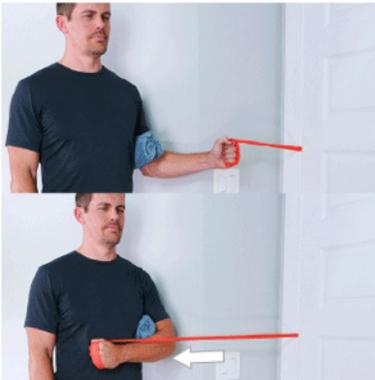
Tie the end of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it.

Place a small rolled up towel between your arm and the side of your body while pressing it against your body.

Hold the other end of the elastic band with your hand and bend your elbow to 90 degrees. Position your shoulder so that it is rotated inward towards your stomach. Next, pull the band away from your stomach as you rotate your shoulder outward. Allow your shoulder to relax as you rotate your shoulder back to starting position with your hand near your stomach. Repeat.

Video # XVYD6J3KR

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

Tie the end of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it.

Place a small rolled up towel between your arm and the side of your body while pressing it against your body.

Hold the other end of the elastic band with your hand and bend your elbow to 90 degrees. Position your shoulder so that it is rotated out to the side as shown. Next, pull the band towards your stomach as you rotate your shoulder inward. Allow your shoulder to relax as you rotate your shoulder back to starting position with your hand out to the side again and repeat.

Video # XV257PF2Q

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

**Home Exercise Program created by Salman Ikram**

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