



## Rehabilitation Guidelines

*Start this program once the shoulder has settled down  
and as per Professor Murrell's advice*

### Theraband exercises

Please follow the order of colours and time period as per instructions given to you:

Colour YELLOW Time

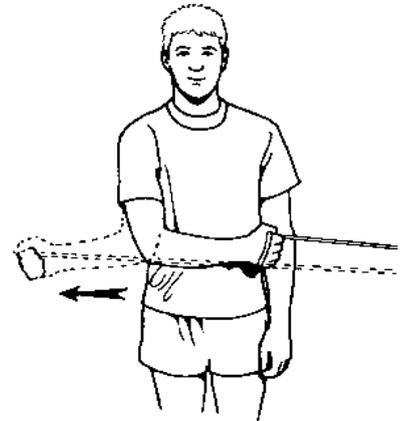
Colour RED Time

Colour GREEN Time

- **Theraband External Rotation**

Tie theraband to door handle. Pull theraband outwards and away from the body. Keep elbow bent at 90° with a small towel tucked in between the elbow and the side of the body. Perform slow and controlled movements only.

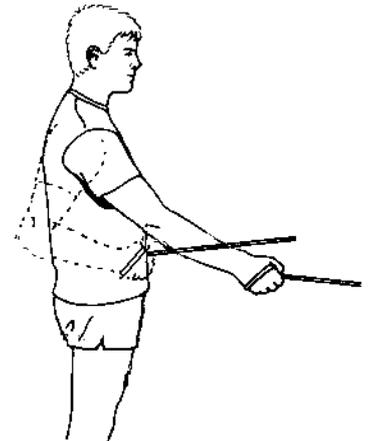
**3 x 10 reps, 3x/day**



- **Theraband Rowing**

Tie theraband to door handle and take hold of each end with both hands. Pinch shoulder blades as you pull both arms backwards in a rowing motion. Keep your elbows bent and progress once able to elbows straight.

**3 x 10 reps, 3x/day**



**3 sets of 10 repetitions**

**3x/day**

**Slow and Controlled Movements**

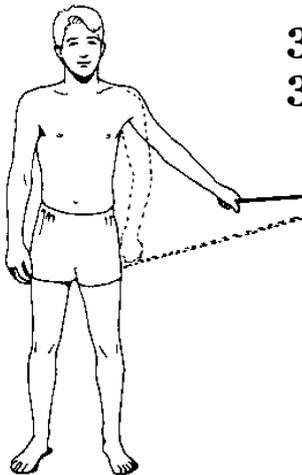


# Impingement Rehabilitation Guidelines

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- **Theraband Adduction**

Tie theraband to a hook at shoulder height. Pull affected arm in towards your hip. Keep the elbow straight and thumb pointing up.



**3 x 10 reps,  
3x/day**

- **Straight Arm Lifts**

Raise affected arm out in front of body and lift upwards towards ceiling with palms facing up. Keep elbow straight.

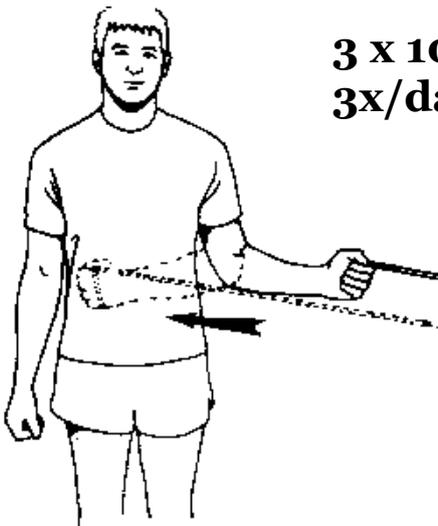
Make sure this exercise is performed with good scapula position whilst trying to avoid the shoulder from 'hitching'.

Using a mirror could be very helpful. Ensure the entire movement is controlled whilst performing this straight arm lift.



- **Theraband Internal Rotation**

Tie theraband to door handle. Pull theraband inwards and towards your abdomen. Keep elbow bent at 90° with a small towel tucked in between the elbow and the side of the body. Perform slow and controlled movements only.



**3 x 10 reps,  
3x/day**

*Commence with no weight. Progress by  
0.5kg increments as comfort allows.*

**3 x 10 reps,  
3x/day**

# ROWING

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- Use of a rower machine would be very helpful in the rehabilitation of your shoulder impingement only if the technique is performed correctly.
- Have an instructor show you a good rowing technique and start off gently. Just 3-4 minutes on a light setting the first day.
- Then gradually increase over several months up to 20 minutes at least three times per week.
- Rowing would still need to be performed with the Theraband exercise program



## If your impingement pain does not improve?

- If you are making no progress after 3 months,
- Or if the pain is worsening

Come back to see me.

### **PROFESSOR GEORGE MURRELL**

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A handwritten signature in blue ink, appearing to read 'G Murrell'.