



Workout for Shoulder Sub-Acromial Symptoms

What is the class for?

This class is for those who have sub-acromial shoulder pain.

The aim is to load the structures around the shoulder to improve strength and function.

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

What do I need?

These exercises are performed in standing or on the floor.

You will need a towel, a ball and a light weight.



URL: <https://www.youtube.com/watch?v=S0DLIWH4Mx4>

