

# Anterior Deltoid Programme

The aim of this exercise programme is to strengthen the deltoid muscle in order to help compensate for the underlying rotator cuff muscles which are weak or torn. The deltoid muscle is able to take over some of the function of the rotator cuff muscles to help lift the arm away from the body.




It is likely to take a long time to feel any benefit from the exercise programme; we recommend performing the exercises for a minimum of three months.

Pain in your shoulder whilst using it or exercising does not mean harm or further damage, however there is little value in making the shoulder more irritable.

In addition to strengthening, the programme also includes some stretches. Not using your shoulder often results in stiffness. Gentle stretches within the limits of pain will help to avoid this.

Day to day activities using your arm can be difficult. It is often less painful and easier to raise your arm with a bent elbow, or short lever.

This booklet is meant to be a guide; your physiotherapist may modify some of the exercises for you or give you additional exercises not included in this booklet.

Exercise/Picture	Description/Aim
	<p><b>Overhead</b></p> <p>Lie on your back and use your good arm to help the affected arm up above your head. Feel a stretch in your shoulder and hold for 20-30 seconds.</p> <p>Repeat 2-3 times.</p>
	<p><b>External Rotation</b></p> <p>Lie on your back with a rolled up towel under your elbow to support your arm. Hold a stick between your hands, keep elbows bent and use your good hand to push your affected hand out to the side. Push until you feel a stretch in your shoulder, hold for 20-30 seconds.</p> <p>Repeat 2-3 times.</p>
	<p><b>Internal Rotation / Hand Behind Back</b></p> <p>Hold a towel between your hands, use your good arm to pull the affected hand behind your back. Pull until you feel a stretch in your shoulder, hold for 20-30 seconds.</p> <p>Repeat 2-3 times</p>

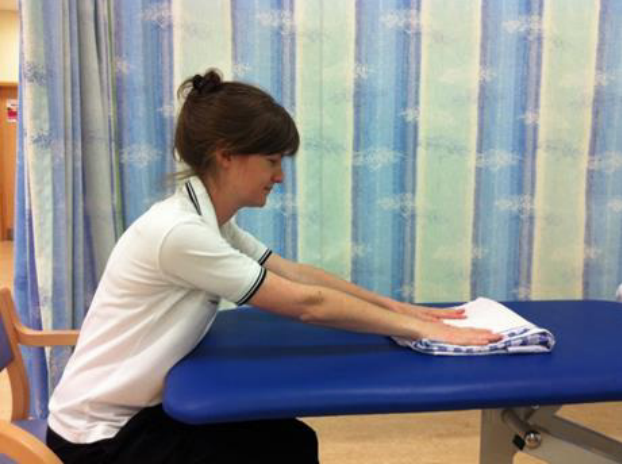

## Postural Correction

Good posture is important to optimise the position of the shoulder joint and help the muscles work effectively. Try to pinch your shoulder blades together and maintain good posture whilst you are exercising.

The strengthening exercises are initially carried out lying down to avoid compensatory hitching of your shoulder. A common side effect of this is neck pain. Keep a close check on your shoulder position to make sure it is not too close to your ear / hitching while you are exercising.

## Warm Up

Before starting the strengthening programme you can do a few exercises to warm up.

Exercise/Picture	Description/Aim
	<h3>Table Slides</h3> <p>Sit comfortably at a table, place both hands on a towel and slide the towel away from you.</p> <p>Repeat 5-10 times</p>
	<h3>Table Weight Bearing</h3> <p>Place both hands on a table and lean your body weight through your hands. Slowly rock your weight over the good arm, then over the affected arm.</p> <p>Repeat for 30 seconds - 1 minute.</p>

## Stage 1 - Anterior Deltoid Strengthening Programme

*Stop exercising and speak to your physiotherapist if your pain increases.*

Exercise/Picture	Description/Aim
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### Assisted Arm Lifts

Lie on your back and use your good arm to help lift the affected arm to a vertical position.

Hold the affected arm in this position for as long as possible. When your arm is tired use the good arm to help lower your affected arm.

Make small circles with the arm – clockwise, then anticlockwise. Stop when your arm is tired.

Gradually increase the size of the circles as comfort allows, this may take a few weeks to achieve.



### Rotation in Standing

In standing. Keep your elbows tucked into your side and rotate your forearm and hand out.

Repeat the exercise until your arm is tired.



**Progress to Level 2 when these exercises become easy**

## Stage 2 - Anterior Deltoid Strengthening Programme

*Stop exercising and speak to your physiotherapist if your pain increases.*

Exercise/Picture	Description/Aim
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### Arm Lifts

Begin with your arm in the vertical position. Move the arm forwards and backwards in line with your body, keep the movements small and controlled. Stop when the arm is tired.



As your control improves gradually increase the range of movement until you are able to move your arm from your thigh to above your head.





### Seated Rotation

Sit next to a table, supporting your elbow on the table.

Maintain good posture and lift your hand up off the table. Slowly lower the hand back down to the table




Repeat the exercise until your arm is tired.



**Progress to Level 3 when these exercises become easy**

## Stage 3 - Anterior Deltoid Strengthening Programme

*Stop exercising and speak to your physiotherapist if your pain increases.*

Exercise/Picture	Description/Aim
	<p><b>Arm Lifts</b></p> <p>When the exercises in Stage 2 become easier you can alter the starting position of the exercise by gradually moving from lying on your back to supported sitting, sitting and then standing. The increasing gravity will make your arm feel heavier.</p> <p>As the exercise becomes easier you could add a small hand weight.</p>
	
	



### Wall Slides

Place your hands on a smooth bit of wall or door. Slide your hands up the wall, if your affected arm needs some help then use the good arm to push it up. Allow the affected arm to slide back down the wall in a slow and controlled way.



## Web Address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

## QR Code:

Scan the QR code below to take you to our website.



## If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department  
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK Physiotherapy Admin Office: 01484 905380

[www.cht.nhs.uk](http://www.cht.nhs.uk)

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Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

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