

Supraspinatus Tendonopathy

If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.

Rest 1-2 minutes between sets

Repeat the Session 3-4 times per week, aside from the daily exercise.



Daily

Shoulder ISO – Build to 3 sets of 30-45 seconds in each position

Warm Up:

Arm Spirals (If pain allows) – 1-2 minutes

Session:

External Rotation – 3 sets of 15 (Use appropriate progression)

Banded Work – 3 sets of 15 in each position

Banded Up + Out – 3 sets of 30 seconds of motion

Scap Press ups (On knees if painful) – 3 sets of 8-12