



**SPORTSHEALTH**  
PHYSIOTHERAPY & PODIATRY CLINIC

**Home Based Exercises**

**Shoulder Bursitis:**  
Effective Home Management Strategies for Self Care

**Level 1, Medical One, 620 Victoria Street  
Richmond 3121  
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# Understanding Shoulder Bursitis

## What is Bursitis?

Shoulder bursitis occurs when the bursa, small sacs filled with fluid that cushion the bones, become inflamed. This inflammation leads to pain, stiffness, and swelling in the affected shoulder.

## Why does it happen?

Various factors contribute to shoulder bursitis, including:

- Repetitive overhead movements,
- New or old trauma,
- Poor posture
- Age-related wear and tear.

## Will it heal on its own?

Unfortunately, only very mild cases of bursitis heal on their own. A professional opinion is recommended in the early stages to ensure that appropriate treatment targeted to pain management and shoulder rehabilitation is commenced.

## The Common Symptoms?

- Sharp pain while lifting the shoulder to the front or side.
- Sleeping on the injured side is usually very painful.
- Shoulder stiffness and limited range of movements
- Tenderness on touching the injured shoulder in more severe cases

## What are Treatment Options?

A detailed physical assessment and treatment plan determines successful outcomes with shoulder bursitis. A combination of:

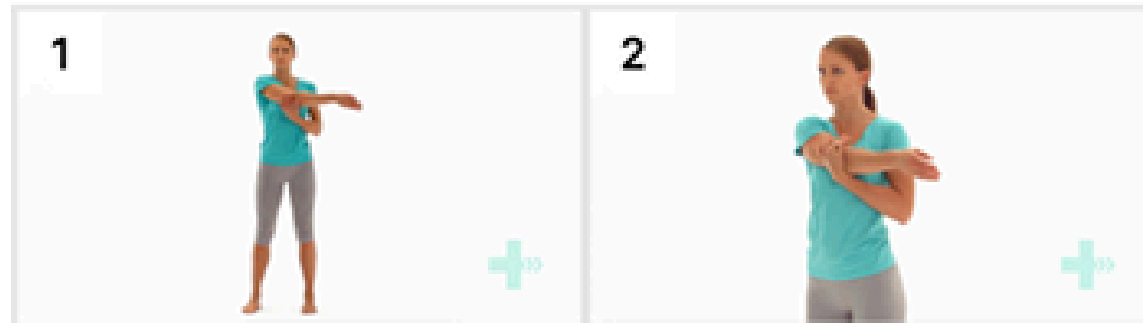
- **Exercise Therapy:** To improve tissue strength and quality.
- **Shockwave Therapy:** To help with tissue regeneration and reduce pain.
- **Load Management (Rest vs Exercise):** To minimize pain.
- **Home Based Exercise Plan:** To treat and prevent future pain.

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1 Set / 4 Reps / 60 s hold

**1. Posterior deltoid stretch**

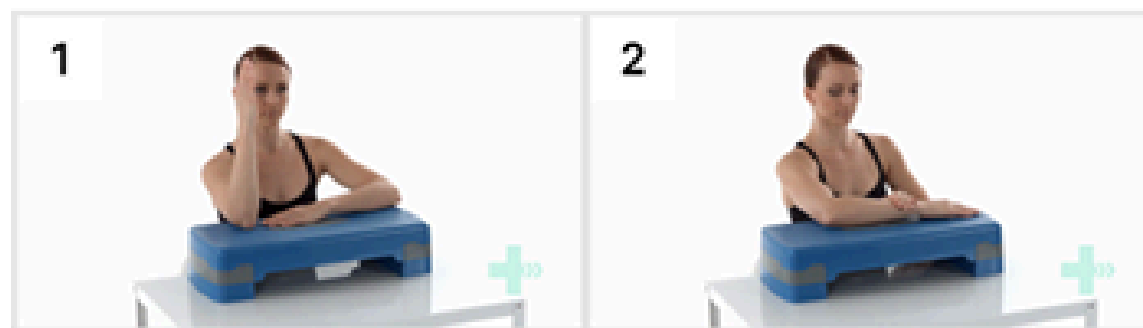
Bring your symptomatic arm across the front of your chest.  
Place your other hand above the elbow and apply a gentle pressure, pulling your arm towards your chest.  
Hold this position whilst you feel the stretch across the top and back of the shoulder.



1 Set / 6 Reps / 45 s hold

**2. Shoulder posterior capsule stretch**

Start in a seated position on a chair.  
Place your affected arm upwards and in front of you on a high table or worktop.  
Bend your elbow to a right angle with your fingers pointing up to the ceiling.  
Place the hand of your other arm on the back of the wrist of your affected arm.  
Push your affected forearm down towards the table using the wrist as a lever.  
Do not allow your shoulders to hunch.  
Hold this position.

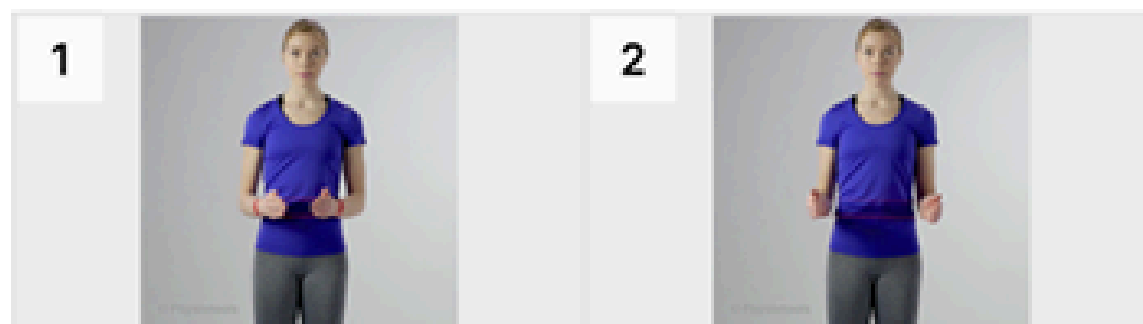


4 Sets / 8 Reps / 5 s hold

**3. Isometric Shoulder External Rotation with a Mini Band**

Start with a mini band around both wrists, elbows bent to 90 degrees and upper arms close to your sides. Use a heavy mini band to be able to do this exercise in a static manner (muscle contraction without movement).

Bring your shoulder blades towards each other and rotate your hands outwards against the mini band and stretch the slack off the band. Hold the position and feel the tension between your shoulder blades and your posterior shoulders. Then relax.



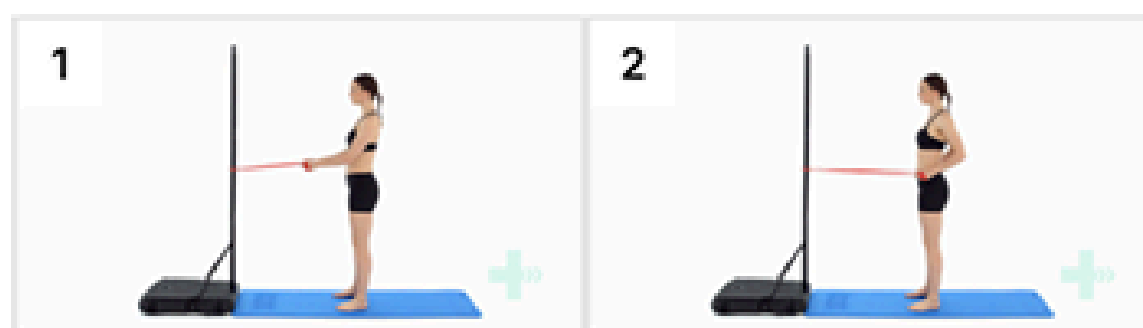
4 Sets / 12 Reps

**4. Resisted low rows**

Tie a resistance band around a solid object and hold the ends in each hand.  
Stand on both legs with your feet hips width apart, keeping a good upright posture.

Bend your elbows and pull the band back, squeezing your shoulder blades together.

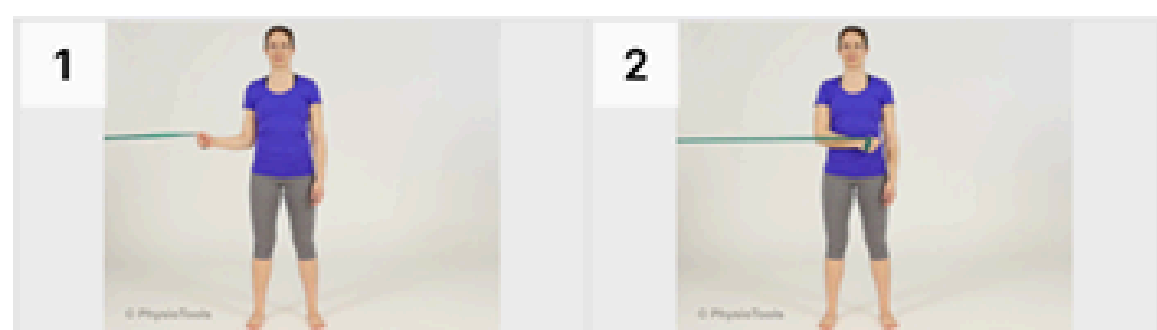
Control the movement as you return your hands to the start position.  
Keep your core strong throughout this exercise.



**5. Resisted Shoulder Internal Rotation**

Stand tall, holding an exercise band attached to the side. Upper arm by your side, elbow bent to 90 degrees.

Rotate your shoulder internally by bringing your palm towards your stomach. Return to the starting position in a controlled manner.



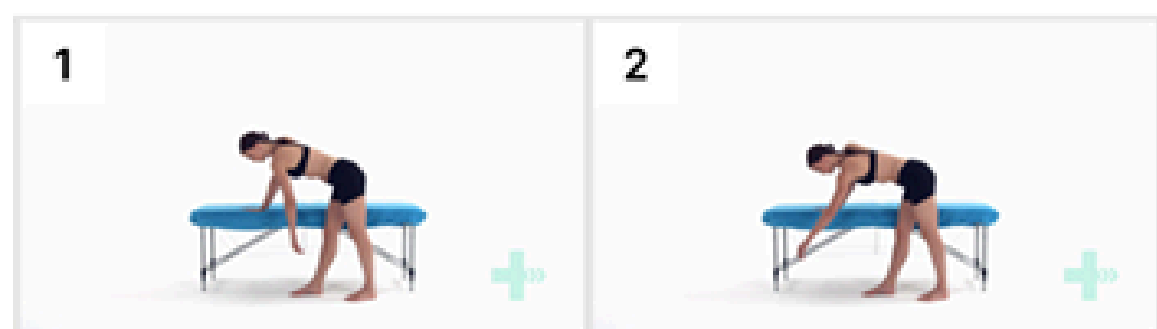
1 Set / 1 Rep / 3 min duration

**6. Pendular exercises**

Lean onto a table with your good arm, letting your affected arm dangle forwards in front of you.

Using gentle movements of the body, let this arm swing backwards, forwards, side to side, and in circles.

The more you lean your body forwards, the more you will exercise the arm.



While home based exercises can minimize symptoms and further injury, if symptoms still persist in a week, please see a medical professional to discuss appropriate treatment.

An appropriate diagnosis is very important at the early stages to ensure that you are not self managing an injury that may not be bursitis.

[Click here to contact a professional](#)

# Shoulder Bursitis

## Your Clinical Advisory Team



**Himmat Dhillon**

Himmat has been working with shoulder injuries for the past 14 years with a special interest in rotator cuff injuries of the shoulder. He completed his undergraduate degree in 2010 and relocated to Australia to complete double postgraduate degrees in Advance Clinical Rehabilitation and Sports Physiotherapy from Adelaide, Australia in 2014 & 2016. He has been involved in clinical and academic work in India, Singapore and Australia over his career and has worked in private practice in Adelaide and Melbourne before setting up SportsHealth Physio & Podiatry Clinic in 2018.

In 2016 the Australian Physiotherapy Association (APA) granted him the title of 'APA Sports Physiotherapist', a recognition the APA awards for excellence in the sub specialty of sports physiotherapy. In further recognition of his experience in the field of sports and musculoskeletal physiotherapy, he was admitted as a member of the Australian College of Physiotherapists in 2018.



**Jatin Bir Singh**

Jatin is a highly experienced physiotherapist with an impressive track record of over 8 years in the field of musculoskeletal and sports physiotherapy. His journey began with the completion of a Bachelor's degree in Physiotherapy in India in 2015, followed by a Masters in Advanced Clinical Physiotherapy-Sports from the University of South Australia in 2018.

Having spent majority of his career at distinguished private clinics in Australia, he is well-versed in managing a wide range of musculoskeletal injuries with a special interest in conservative and operative management of the knee.

He takes pride in being a registered practitioner with Good Life with Osteoarthritis (GLA:D) from Denmark and a certified headache physiotherapist from The Dean Watson Headache Institute.





**SAME DAY  
APPOINTMENTS**



**TRUSTED IN THE  
COMMUNITY**



**NO REFERRAL  
REQUIRED**

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