

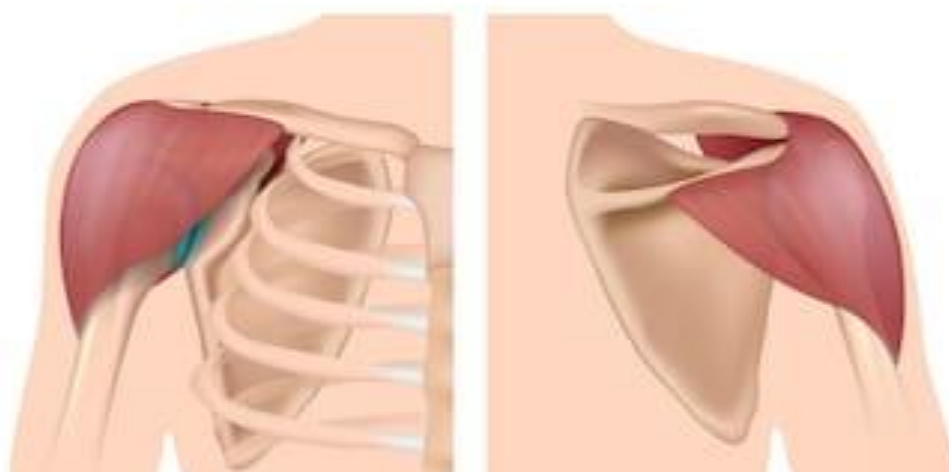
Anterior deltoid muscle strengthening exercises

Physiotherapy Patient Information

The following exercises are designed to increase the strength of your anterior deltoid muscle. It is important that you feel comfortable doing these exercises. There is recent evidence to show that the deltoid muscle (a muscle on the outside of your arm) may be re-educated to compensate for the torn rotator cuff.

This booklet is designed to support the advice of the Physiotherapy Department of the Royal United Hospitals Bath. It is not a complete guide, but contains information to help you to manage your symptoms.

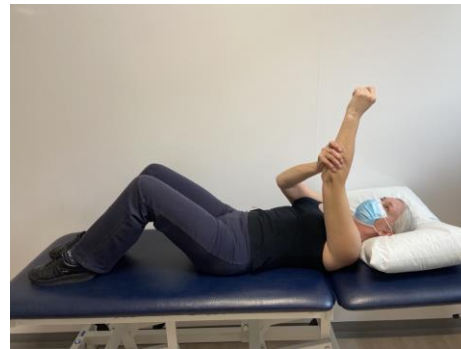
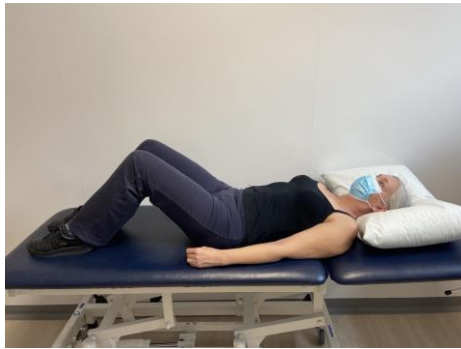
Deltoid Muscle





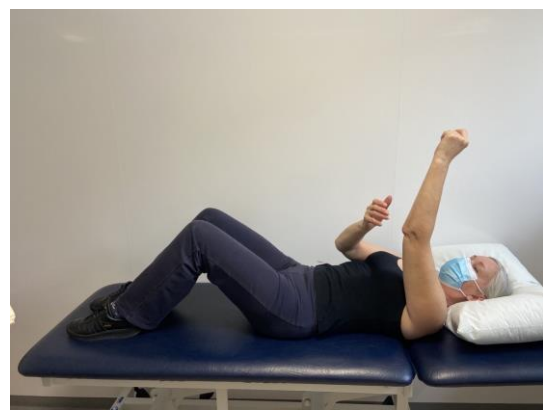
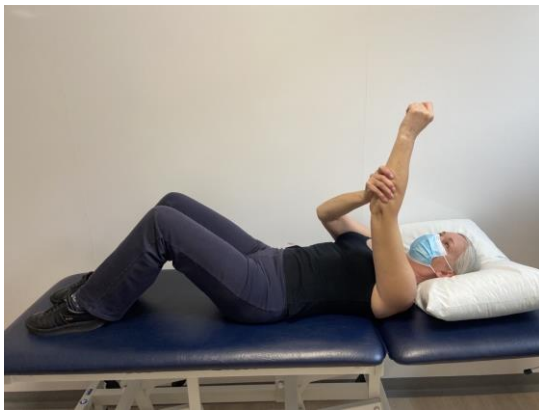
Exercise one

Level one



Lying on your back with a pillow under head, raise your affected arm to 90 degrees, using the stronger arm to help. Hold the arm in a straight position at 90 degrees, for 5 to 10 seconds.

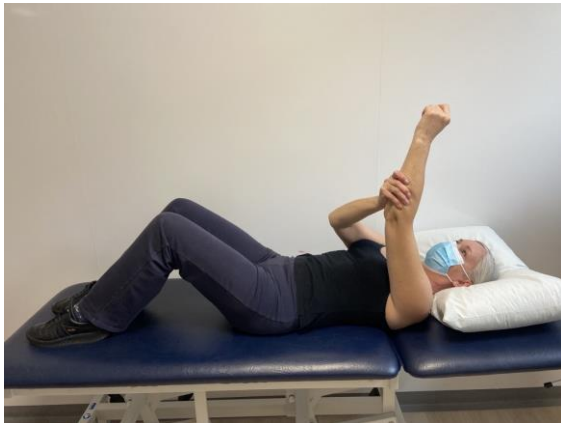
Level two [Video link](#)



Lying on your back with a pillow under head, raise your affected arm to 90 degrees, using the stronger arm to assist. Keep the arm in a straight position at 90 degrees without support, for 5 to 10 seconds. Make sure the unaffected arm is close in case the arm starts to drop



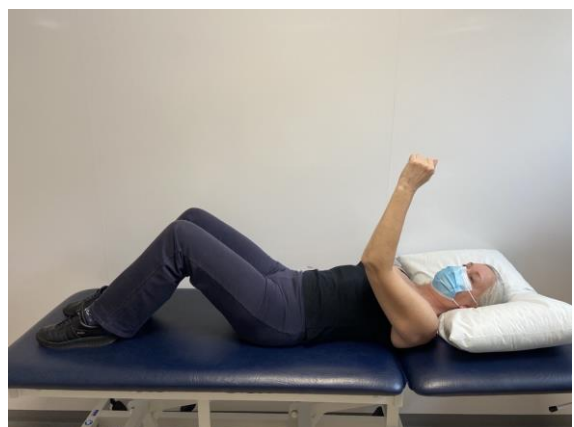
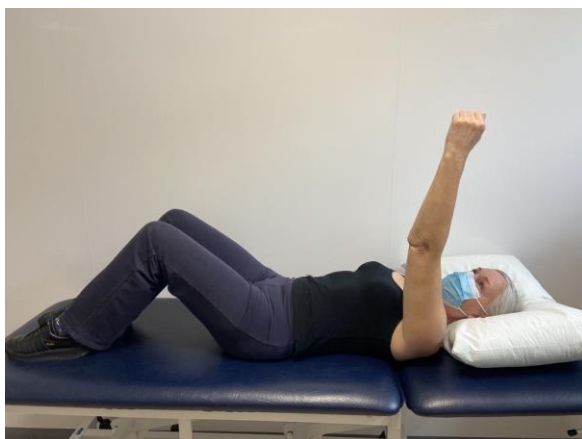
Level three [Video link](#)



Lying on your back with a pillow under head, raise your affected arm to 90 degrees, using the stronger arm to assist. Hold the arm in a straight position and move the arm approximately 10 degrees forwards and backwards.

Exercise two

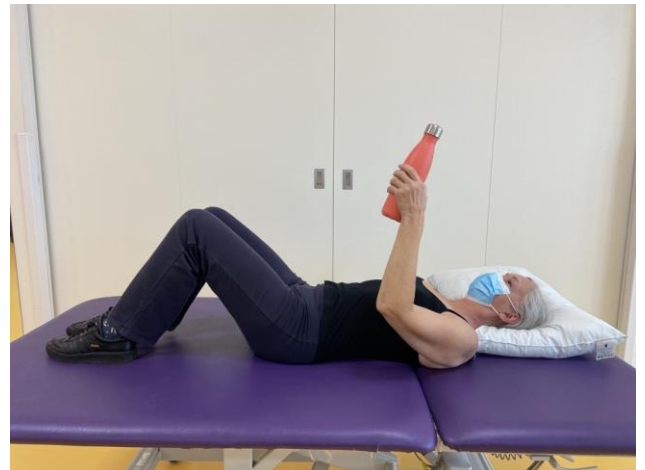
Level one [Video link](#)



Lying on your back with a pillow under head, raise your affected arm to 90 degrees. Lower the affected arm with the elbow bent to 45 degrees, then return to vertical position.



Level two [Video link](#)



Complete the same movement as level one but complete with a light weight in hand e.g. small amount of water in a plastic bottle.

Level three [Video link](#)



Complete the same movement as level two but with your upper body in a slightly raised position e.g. propped up on pillows.



Exercise four

Level one [Video link](#)



Sit with elbows bent to 90 degrees and tucked into your side. Hold a yellow resistance band in both hands. Take unaffected arm outwards away from the body, slowly return to the starting position.

Level two



Sit with elbows bent to 90 degrees and tucked into your side. Hold a yellow resistance band in both hands. Take affected arm outwards away from the body, slowly return to the starting position, 5x times.



Exercise five

[Video link](#)



Attach a long length of yellow resistance band to a stable object above head height (e.g. banister, door hook). Hold the resistance band with your arm at shoulder height and elbow bent to 90 degrees.

Pull your arm down to your side with elbow bent.

Release slowly back up to the starting position.



If you require any further information please contact the Therapies Department on 01225 821241 Email: ruh-tr.therapiesoutpatientadmin@nhs.net

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656/ 826319.