

Shoulder Proprioception Exercises



Physiotherapy Department

What is Proprioception?

Proprioception lets you know the position and movement of a part of your body without having to look at it.

Why is it important?

It plays a very important role in everyday life as it allows you to move within your environment and adapt to changes. For example driving, climbing a flight of stairs or playing sports. Proprioception provides stability to the joints in your body. Shoulder Proprioception is important for arm and hand function.

What causes reduced proprioception?

Injury can reduce proprioception. This can lead to compensation on other structures and in turn lead to injury.

How do I know if I have reduced proprioception?

Your Physiotherapist will carry out an assessment to test your ability to sense the position of your shoulder and arm during passive and active movements.

How do exercises help?

Specific Physiotherapy exercises can help recover perception of joint position and reduce risk of further injury.

Early Shoulder Proprioception Exercises

1) Lie on your _____ side with your _____ arm supported and relaxed on a raised surface.

Slide your arm up and back down.

Repeat ___ times



2a) Seated with forearms resting on a table.

Lean onto your arms, then shift your weight slowly from side to side.

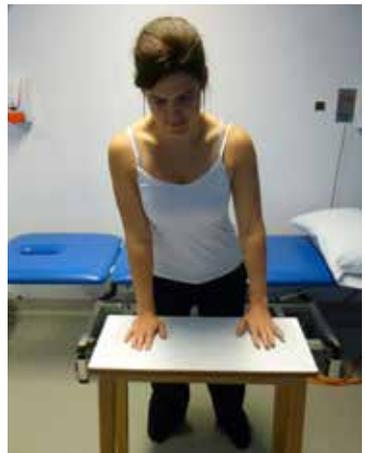
Repeat ___ times



2b) Stand with your hands placed on a table.

Lean onto your arms, then shift your weight slowly from side to side.

Repeat ___ times



3) Kneel on your hands and knees.

Keep your elbows straight. Bring your shoulder blades back and together, then push them as far apart as you can.

Repeat ___ times



4) Leaning against a wall perform a press up; draw shoulder blades together, then push them as far apart as you can.

Repeat ___ times



5) Sit on a chair with your hands resting on a gym ball in front of you.

Roll the ball as far away from you as you can, and then roll it back.

Repeat ___ times



6) Sit on a chair with your _____ hand resting on a gym ball in front/to the _____ side of you.

Roll the ball as far away from you as you can, and then roll it back.

Repeat ___ times



Advanced Proprioception Exercises

1) Kneel on your hands and knees.

Raise your unaffected arm and then lower.

Progressions:

Raise your unaffected arm and the opposite leg.

Repeat ___ times



2) Kneel on your hands and knees with your _____ hand on a wobble board/wobble cushion/bosu ball

Progressions:

Both hands on wobble board/wobble cushion/bosu ball

Kneeling press-ups

Hold for ___ seconds

Repeat ___ times



2b) Assume a press-up position with your _____ hand on a wobble board/ wobble cushion/bosu ball



Progressions:

Both hands on wobble board/
wobble cushion/bosu ball

Hold for ___ seconds

Repeat ___ times



3) Assume a side 'plank' position with your _____ hand supporting you.

Hold for ___ seconds

Repeat ___ times



4) Place a football or gym ball on top of a table.

Place your _____ hand on top of the ball with your shoulder at 90 degrees of flexion and your arm straight.

Roll the ball round in circles

Repeat ___ times

Repeat both clockwise and anti-clockwise.



4b) Place two footballs on top of each other on a table.

Place your _____ hand on top of the footballs. The aim is to keep the balls stable for ___ seconds

Repeat ___ times

Progression – use smaller balls.



6) Point at the centre of the target below with your arm outstretched.

Close your eyes, then make small circular motions with your arm. Try to stop with your finger pointing at the centre of the target.

Now open your eyes to check your final position.

Repeat ___ times



Goal: Keep working until you can consistently finish pointing at the centre of the target with your eyes still closed.

Reference sources

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- P. A Borsa et al. Functional Assessment and Rehabilitation of Shoulder Proprioception for Glenohumeral Instability 1994 Journal of Sport Rehabilitation 3. 84-104
- T. Aydin et al 2001 Shoulder Proprioception: a comparison between the shoulder joint in healthy and surgically repaired shoulders Archives of Orthopaedic and Trauma Surgery

Contact details

If you have any concerns or questions please contact the Physiotherapy Department

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PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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