

Acute Services Division



Information about

Anterior Deltoid Strengthening Exercises

Shoulder Unit - Orthopaedics Department

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There are tendons in the shoulder (rotator cuff) which raise your arm away from the body. When there is a massive tear of the tendons it can be difficult to lift the arm away from the body.

The anterior deltoid is a large muscle which helps to lift the arm when the rotator cuff is torn. The following exercises can help train the anterior deltoid to do this.

The majority of these exercises start with you lying on your back. The reason for doing this is to reduce the work against gravity. It will take a long time to feel the benefits of the exercises and we would recommend doing these exercises for at least 3 months.

Pendular Exercises

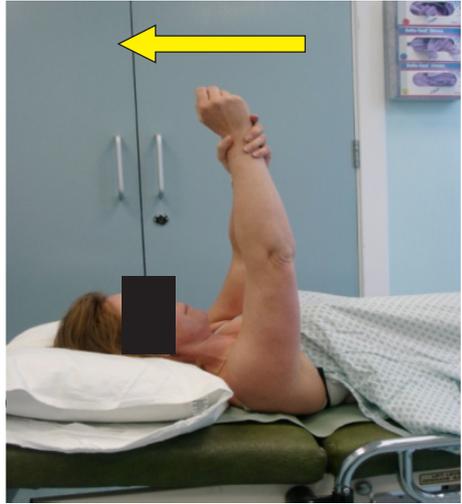
The pendular exercises shown below can be done as a warm up.

- Bend over supporting yourself with your good arm
- Start moving your affected arm in a circle 20 times
- Then move your arm backwards and forwards 20 times
- Next move your affected arm side to side 20 times.
- You should do 4 sets of these exercises.



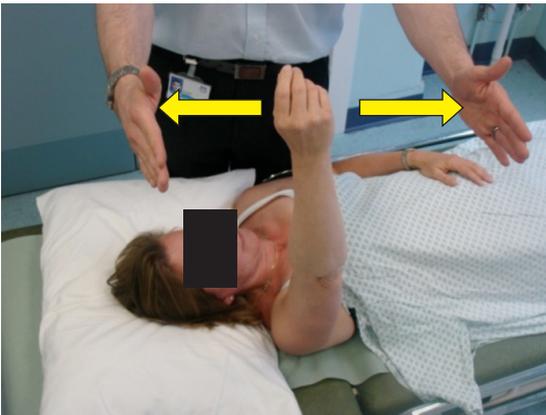
Stage 1

Lie down flat on your back, bend the elbow of your affected arm then raise your arm so it is pointing towards the ceiling. If you cannot manage this use the stronger arm to assist if necessary.

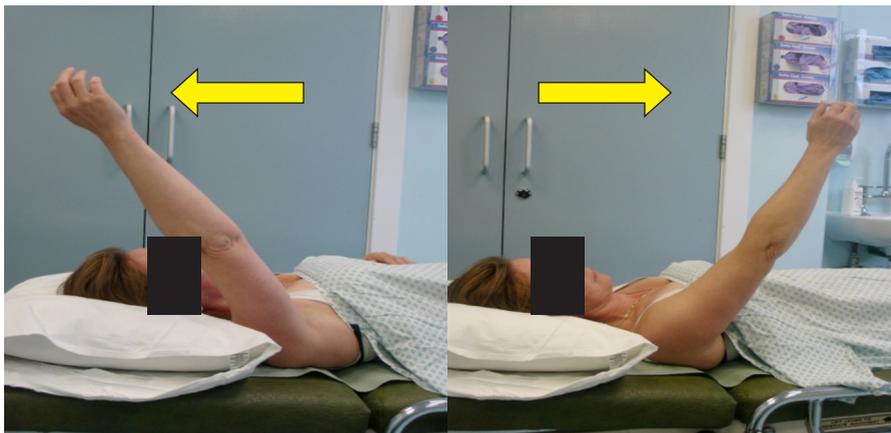


Stage 2

Hold the arm in this upright position with its own strength. Then slowly move the arm keeping your elbow straight back and forth as shown in the diagram. Keep the movement smooth and continuous for 5 minutes. Start with a small circle of movement until you find it gets easier to perform.



As you get more confident increase the distance, your aim is to get your arm to go down by your side and up above your head towards the wall.



Once you have completed stage 2, move on to stage 3.

Stage 3

As you get more confident in controlling your shoulder movement, a light weight (less than 1 kg) can be held in the affected hand.



Once you are able to control the shoulder lying down with a weight in your hand you can move onto stage 4.

Stage 4

This is done sitting up in 'half way' position, placing some pillows below your upper body can help. Start without a weight and when you are able to do this you can progress to doing this with some added weight as before in stage 3.



Finally when this has been completed try the same exercise, initially start without a weight then adding light weight as able.

We would expect to see improvements in 3 months of starting the exercises.

This leaflet has been adapted from the Glasgow Sports Surgery Service

Notes:

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