

The digitally delivered exercise and patient education

The treatment program consists of exercises strengthening the rotator cuff and the muscles stabilizing the scapula and patient education in the form of text lessons. Compulsory telephone or video consultations take place at baseline, after 6 weeks and at 3 months with a registered physiotherapist. Patients can communicate with their PT in between the consultations through an asynchronous chat.

Exercises for the shoulder program

The participants receive two daily distributed exercises that are delivered through the app in the form of an instructional, demonstrational video and written instructions. All exercises are being introduced with the first level. After an exercise is finished, the patient gets to rate the level of perceived difficulty as easy, just right or tough. If the exercise is considered to be easy, the patient will receive the next level of the exercise the next time the specific exercise is delivered.

All exercises can be performed at home and the daily exercise program takes approximately 5-10 minutes to perform. The equipment needed is a handheld weight (e.g. a smaller water bottle), a stick (e.g. a broom handle) and a longer resistance band.

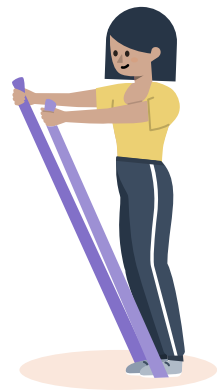


Standing push ups

Level 1: Push ups against a wall with hands at shoulder height.

Level 2: Push ups against a wall with hands below shoulder height.

Level 3: Push up towards a counter-top or sturdy table.

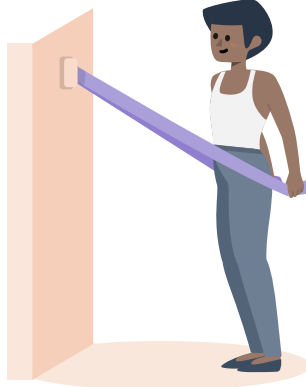
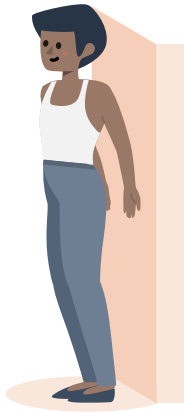


Forward arm raise

Level 1: Forward arm raise leaning forward on a countertop/sturdy table.

Level 2: Forward arm leaning forward on a countertop/sturdy table with added resistance by a hand held weight.

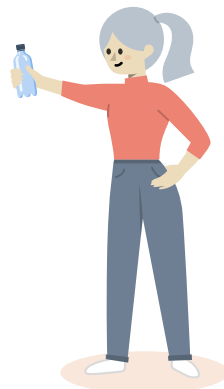
Level 3: Forward arm lifts with a resistance band.



Shoulder retraction

Level 1: Shoulder retraction against a wall.

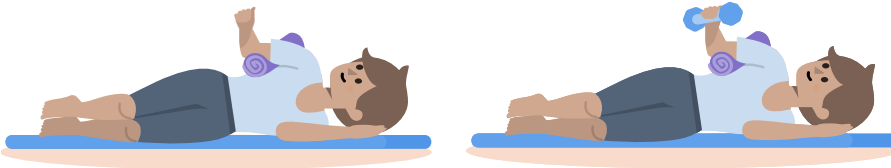
Level 2: Shoulder retraction with extra resistance by a resistance band.



Diagonal arm raise

Level 1: Diagonal arm lift with support from a stick.

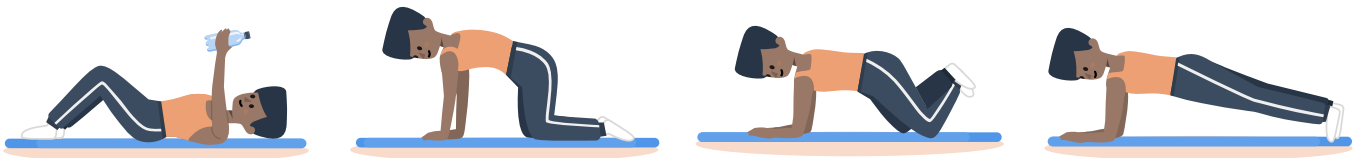
Level 2: Diagonal arm lift with added resistance by a hand held weight.



Side-lying rotation

Level 1: Side lying rotation of the shoulder joint

Level 2: Side lying rotation of the shoulder joint with a hand held weight



Serratus press

Level 1: Supine shoulder protraction with a hand held weight

Level 2: Serratus press on all four

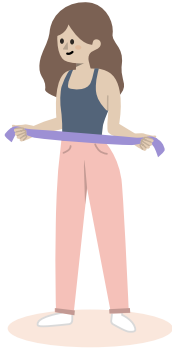
Level 3: Forearm plank standing on the knees

Level 4: Forearm plank



Shoulder stretch

Level 1: Optional side-lying or standing internal rotation stretch



Standing external rotation

Level 1: Static external rotation with a resistance band

Level 2: External rotation and simultaneous shoulder flexion



Relaxation

Level 1: Shoulder roll and shoulder lifts combined.



Bird dog

Level 1: On all four leg raise

Level 2: Combined leg and diagonal arm movement simultaneously.

Patient education

The patient education consists of text lessons with following quizzes. Two lessons are delivered weekly through the digital interface. If the participant is not answering the following quiz correctly, they'll receive a short text explaining the correct answer to the questions. Estimated time to read one lesson and answer the following quiz-question is under 5 minutes.

Patient education lessons provided for the digital shoulder treatment in chronological order:

Good to know in the beginning

About Shoulder Pain

Diagnosing Shoulder Pain

Risk Factors for Shoulder Pain

Anatomy of the Shoulder

Causes of Shoulder Pain

Still Good to Know

About Pain

Managing Your Pain

A Few Practical Tips

Benefits of Physical Activity

Fear of Movement

Work Related Factors

Avoiding Shoulder Pain at Work

Physical Activity or Exercise?

Sleep & Pain

Other Treatment Options

About Shoulder Surgery

Myths & Facts

About Motivation
