

Supplementary file 3: Information about pain given to both exercise groups

1	Feeling pain in the shoulder is permissible and even encouraged during the exercise program. Any level of pain is permissible as long as it is tolerable for the individual, and, that there is no increase or exacerbation in pain in the evening and the following day.
2	If more guidance as to the amount of pain is required then the participant can perform the exercises in pain with a subjective level of pain between 1 to 3 on a 10-point pain scale, where 0 represents no pain and 10, worst imaginable pain. If this level of pain does not produce an improvement in exercise tolerance, higher levels of pain may be encouraged.
3	Participants will be informed that if increased pain is experienced in the evening or the following day and if this pain is not acceptable for the individual then the number of repetitions per set, number of sets, amount of weight should be reduced accordingly.
4	If there is no exacerbation of pain and the participant perceives that the amount of weight and number of repetitions are being performed at a moderate intensity (on a scale ranging from: no exertion/ easy, mild, moderate, hard, impossible), then heavier weights, or more repetitions may be incrementally used.