

Early shoulder exercises for injury or pain

Department of Physiotherapy

Information for Patients

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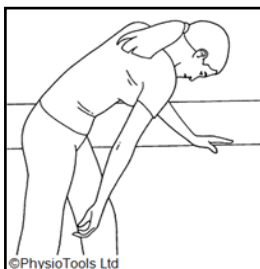
Personal exercise programme

These exercises are meant

- to help your shoulder to get moving again and
- to get back to your normal tasks after an accident or period of shoulder pain.

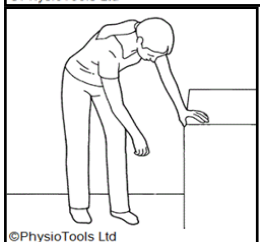
Daily use of a warm wheat pack or ice pack (wrapped in a towel) for 10 to 15 minutes may help to reduce pain in your shoulder.

1. Pendular exercises: complete the exercises below 3 to 5 times per day



Exercise 1

Stand leaning on a table with 1 hand. Let your other arm hang relaxed straight down. Swing your arm forwards and backwards.
Repeat up to 10 times.



Exercise 2

Stand leaning on a table with 1 hand. Let your other arm hang relaxed straight down. Swing your arm to your left and then to your right, side to side.
Repeat up to 10 times.



Exercise 3

Stand leaning on a table with 1 hand. Let your other arm hang relaxed straight down. Swing your arm as if drawing a circle on the floor. Change direction and repeat the circles.
Repeat up to 10 times.

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

As your shoulder gets better, start these exercises:

2) Assisted exercises: Complete the exercises below 3 to 5 times per day.



Exercise 1

Lying on your back with your elbows straight, hold your affected arm's wrist. Lift your affected arm with your other hand as far as is comfortable up and down.

Repeat up to 10 times.



Exercise 2

While standing, hold your affected arm's wrist with your good hand and lift your arm up, as far as is comfortable.

Repeat up to 10 times.

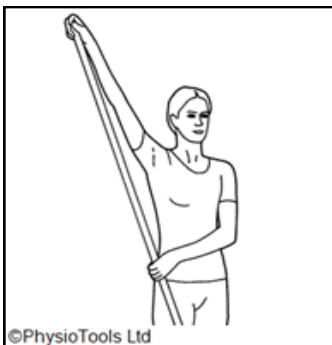


Exercise 3

Stand facing a wall and place the palm of your painful shoulder on a wall. Slide your hand up the wall as far as is comfortable, and down.

Hold your affected arm's wrist with your other hand to assist this movement if difficult.

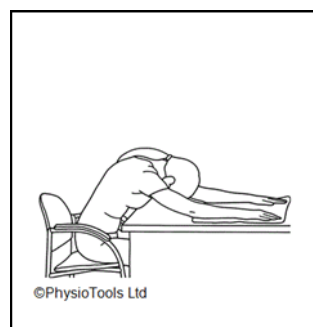
Repeat up to 10 times.



Exercise 4

While standing, place the palm of your affected shoulder on the end of a stick. Use your other arm to push your affected arm and the stick to the side.

Repeat up to 10 times.



Exercise 5

Sit on a chair facing a table. Lay both arms on a table and slide your arms forwards as far as is comfortable and back.

Sit on a chair, and place your affected arm on the table. Slide your arm out to the side as far as comfortable and back.

Repeat up to 10 times.



Exercise 6:

Stand with arms behind your back and hold the hand of your affected shoulder with your other hand. Now assist the sliding of your affected arm up and down your back with your other hand, as far as is comfortable.

Repeat up to 10 times

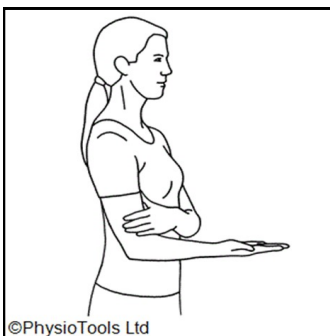


Exercise 7:

Sit or stand with both elbows at right angles. Place a rolled –up towel between your elbow and side. Place the palm of your affected shoulder on the end of the stick. Now, push the stick with your other hand to move your forearm outwards as far as is comfortable.

Repeat up to 10 times.

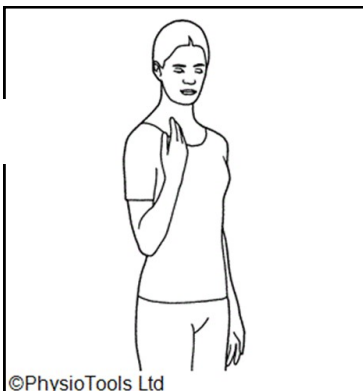
3) Elbow exercises: Complete the exercises below 3 to 5 times per day.



Exercise 1

Bend your elbow to a right angle as shown in the picture. Turn your hand palm up, and palm down.

Repeat up to 10 times.



Exercise 2

Bend and straighten your elbow.

Repeat up to 10 times.

General advice

- The exercises in this booklet will be most effective if practised regularly.
- It is important to keep your elbow, wrist and fingers moving regularly when you have an injury or pain in your shoulder. All these joints can become stiff if your arm is not being used normally.
- When getting dressed, remember it is easier to place the affected arm into your sleeve first.
- Try to carry out simple tasks like washing up, as this will help you get better sooner.
- The exercises and advice in this booklet are aimed to help you regain your normal shoulder movement and function after a bony or soft tissue injury to your shoulder.
- Our research shows that pain lasting longer than 3 weeks may not go away without treatment. If you are having little or no improvement with your shoulder pain and active movement at 2 to 3 weeks after an injury, we recommend you visit your GP for further advice.

Contact details

Physiotherapy Departments

Glenfield Hospital:	0116 258 3595
Leicester General Hospital:	0116 258 4070
Leicester Royal Infirmary:	0116 258 5816

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