Physiotherapy Department

Early Shoulder Exercises

With each of the following exercises repeat the movements until you feel some improvement in stiffness without the pain deteriorating.

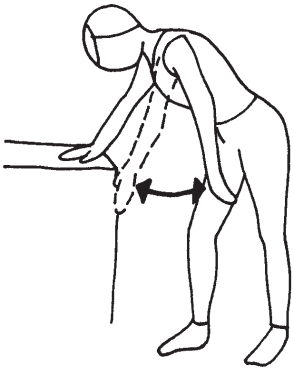
Repeat the following exercises 10 times but stop sooner if the pain increases.
Repeat each exercise 2 or 3 times per day.



Sit or stand
Roll your shoulders in both directions.

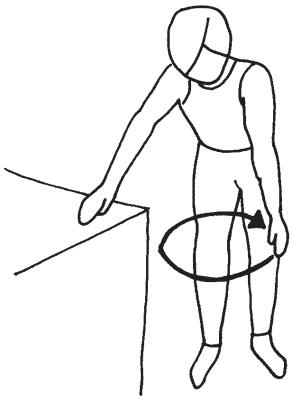


Table Slides
Sit at a table.
Start and finish the exercise with an upright posture.
Place both hands on a towel and slide the towel away from you.



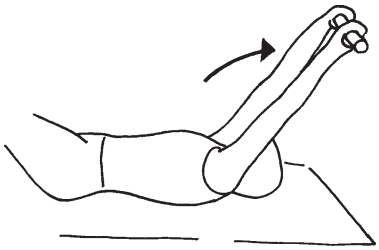
Stand leaning on a table with one hand
Let your other arm hang relaxed straight down.
Gently swing your arm forwards and backwards.

compassionate care



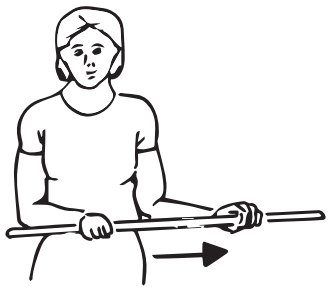
Stand leaning on a table with one hand

Let your other arm hang relaxed straight down.
Gently swing your arm as if drawing a circle on the floor.
Change directions.



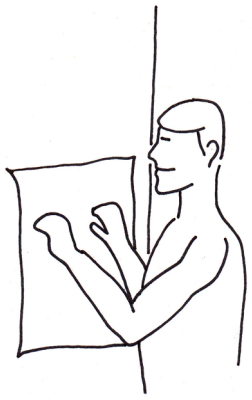
Lying on your back with knees bent.
Hold a stick in both hands with elbow straight

Lift your arms straight up and over your head to the floor.
Hold approx. 10 seconds (Breathe normally) - return to starting position.



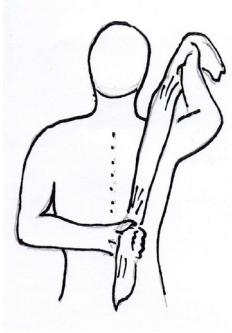
Stand with your back against a wall and elbows bent to 90 degrees

Hold a stick between your hands, and use your good hand to push the other hand away from your body. You can place a rolled up towel under your affected arm to reduce cheating movements.
Push until you feel a stretch, hold for 30 seconds



Stand Facing the wall with both hands resting on a towel

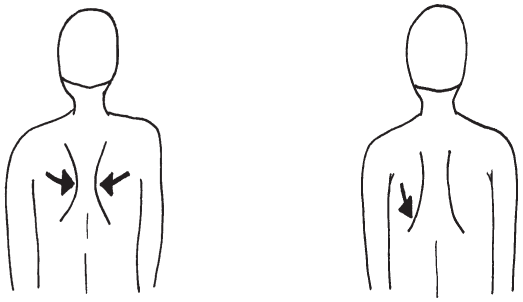
Ensure you have good posture.
Step in towards the wall and slide the towel up the wall as far as you can go to your threshold of pain (do not allow your shoulders to hitch upwards).



Stand

Bring the arm you are exercising behind your back and stretch towards the opposite buttock.

Assume upright posture with shoulders relaxed

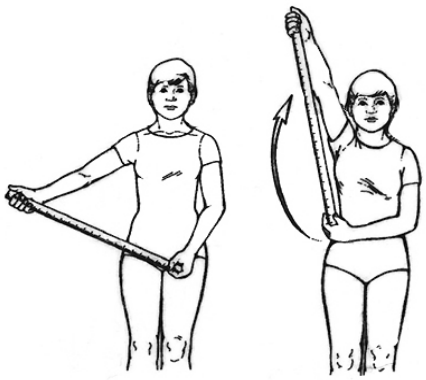


Move one/both shoulder blades down towards the opposite hip.



Stand

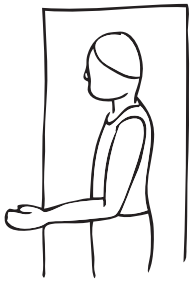
Bring the arm you are exercising behind your head then move your elbow outwards.



Stand

Holding a stick lift your arm up sideways
Avoid hitching the top of your shoulder.

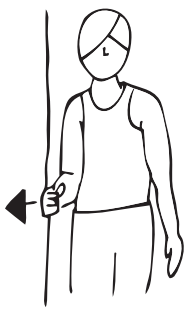
Repeat the exercises below 3 times and hold for 30 seconds at 50% of your maximum ability, avoiding pain



Stand facing a door frame, as shown

Keep your elbow close to your body. Gently push your palm onto the door frame, your arm should not move.
Hold for 30 seconds.

Repeat until tired but not painful.



Stand facing a door frame, as shown

Keep your elbow close to your body. Gently push the outer aspect of your hand into the door frame, your arm should not move.
Hold for 30 seconds

Repeat until tired but not painful.

Physiotherapy website

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone No. (01484) 728941

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"