

# Physiotherapy Department

# Shoulder injuries

# advice sheet

There are several structures around the shoulder joint which can be injured. These include muscles, cartilage and ligaments. Many shoulder injuries or episodes of shoulder pain will resolve within a few weeks by following the advice below.

You can help to speed your own recovery from shoulder injury by resting the arm from aggravating activities such as: lying on the arm, heavy lifting, taking weight through the arm or repetitive activities such as washing windows, or long periods of driving.

To prevent the shoulder from becoming stiff it is still necessary to move the joint through its full range. The following exercises can help you to do this without putting excess strain on the arm. If any of the exercises are causing an increase in symptoms, stop the exercises and seek medical advice.

## 1 PENDULUM

Bend forwards, support yourself on a table with your good arm, and swing your other arm forwards & backwards, side to side and in a circle. **Repeat 10 times each way.**



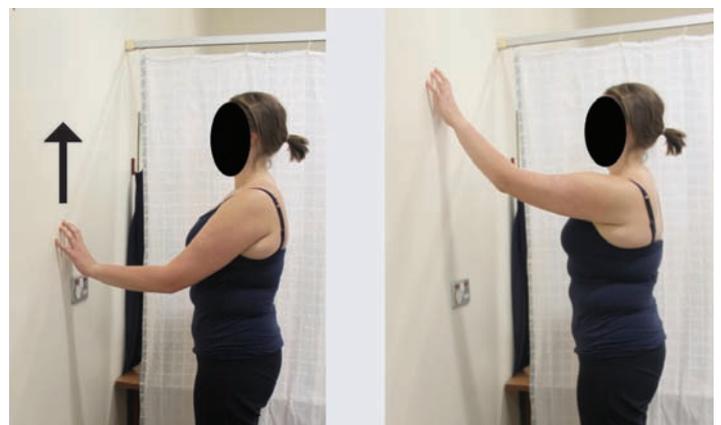
## 2 ROCKING THE BABY

Fold your arms, with the good arm underneath to support the painful one. Rock them from side to side. **Repeat 10 times each way.**



## 3 WALKING UP THE WALL

Stand facing a wall, at arm's length. Walk your hand up the wall, using the good arm to support it if necessary. **Repeat 5 times.**



#### 4 ACTIVE ASSISTED SHOULDER FLEXION

Use your non affected side to help lift your other arm forwards and up towards the ceiling. **Repeat 5 times.**



#### 7 HAND BEHIND BACK

Bring your hand up behind your back. Hold for a count of 3. **Repeat 5 times.**



#### 5 ACTIVE ASSISTED SHOULDER ABDUCTION

Use an aid (walking stick, broom, etc). Hold with both hands. Use the non-affected side to help take the affected shoulder out to the side away from your body and then return back to your side. **Repeat 5 times.**



#### 8 BENDING ELBOW

Stand, with your arms by your sides, palms facing forwards. Bend your arm at the elbow and try to touch your shoulder. **Repeat 10 times.**



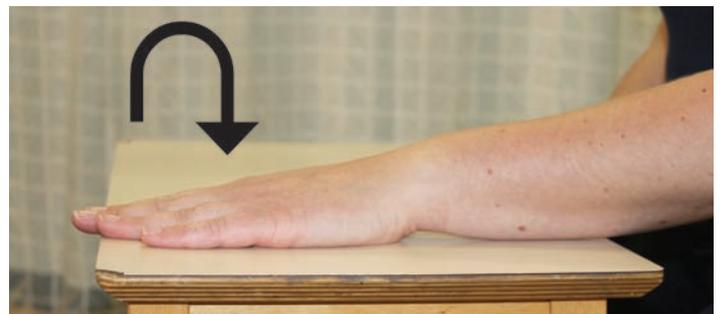
#### 6 SHOULDER ROTATION WITH TOWEL

Place a rolled towel between your elbow and the side of your trunk. Maintain the towel and elbow at your side as you rotate the hand in and out. **Repeat 5 times.**



#### 9 TURNING FOREARM

Sit at a table. Place your hands on the table palm down. Turn your hands palm up. Alternate between the two positions. **Repeat 10 times.**



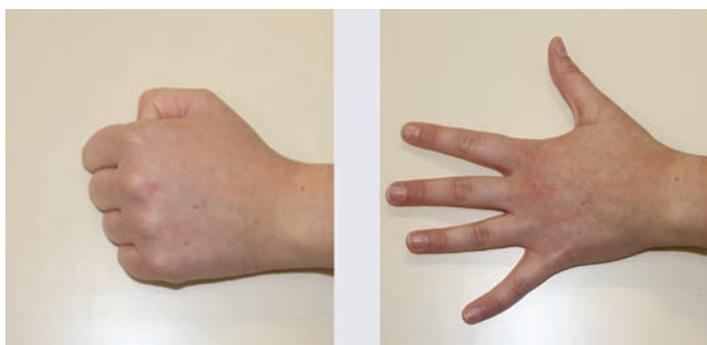
### 10 WRIST

Rest your forearm on the table with the hand dangling over the edge. Keeping your arm on the table, lift and lower the hand. **Repeat 10 times.**



### 11 HAND

Open and close your fingers, making a fist and then stretching the fingers wide. Repeat 10 times.



You can return to normal activities as soon as the pain has resolved and the strength in your shoulder has improved.

**Only perform exercises to the start of your pain – never force yourself through severe pain. Stop them if the exercises severely increase your symptoms.**

**If your symptoms persist after this or significantly worsen, please seek medical advice.**

Physiotherapy Department  
Lewisham Healthcare NHS Trust  
Lewisham High Street  
LONDON  
SE13 6LH

Tel: 020 8333 3148