

Shoulder injuries: exercise advice

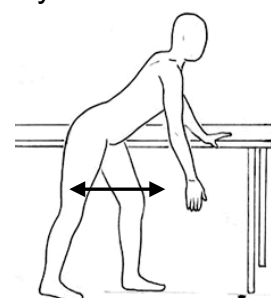
Exercise advice following discharge from hospital with a shoulder injury.

To overcome stiffness in your shoulder, do the exercises below.

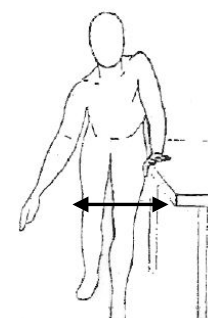
Remember:

- Remove brace / splint / sling* before exercising. (*Staff to delete as appropriate.)
- Exercise as the pain allows – **do not continue if it is too painful!**
- Complete five of each exercise.
- As the exercises become easier, build up to completing three times a day.

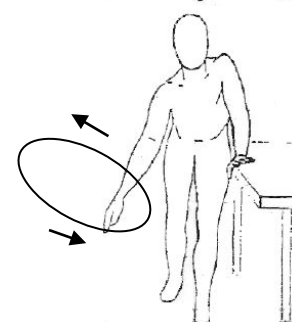
1. Lean forwards in a steady, supporting position. Swing your arm forward and backwards, slowly like a pendulum.



2. Then swing your arm across your body and out to the side slowly.



3. Complete by swinging your arm in a circular motion.



Friends & Family Test: While you are in hospital please spare a few moments to answer one question ‘Overall, how was your experience of our service?’ by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

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Please ask if you need this information in another language or format.

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Next review due: August 2024

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