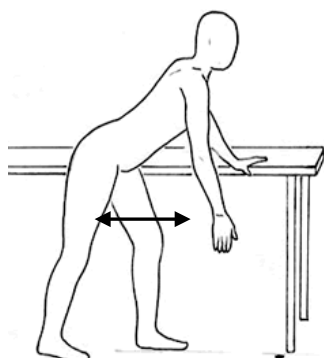
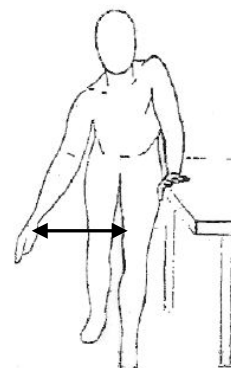


Shoulder active and assisted exercises

Exercises following a shoulder injury.



1. Lean forwards in a steady, supporting position. Hold a light weight (e.g. tin of beans) in your hand on the injured side. Swing your arm forward and backwards, slowly like a pendulum. Repeat 5-10 times.



2. Lean forwards in a steady, supporting position. Swing your injured arm across your body and out to the side slowly. Repeat 5-10 times.



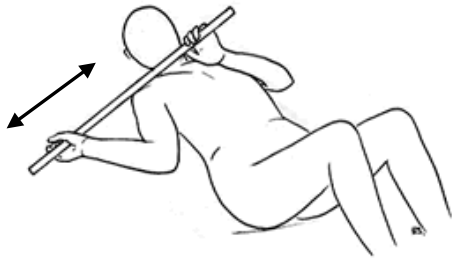
3. Lying on your back, support your affected arm with the other arm and lift it up overhead. Slowly lower. Repeat 5-10 times.



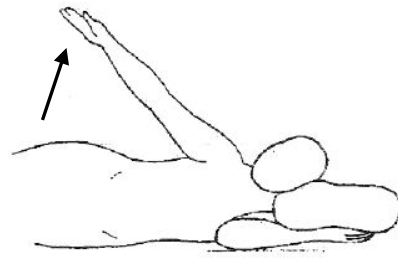
4. While standing, grasp a stick (such as a broom handle or piece of dowelling) with both hands behind your back. Gently lift the stick up away from your body, then lower slowly. Repeat 5-10 times.

If you have any urgent questions regarding this leaflet, please telephone the clinic on 0118 322 7553.

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.



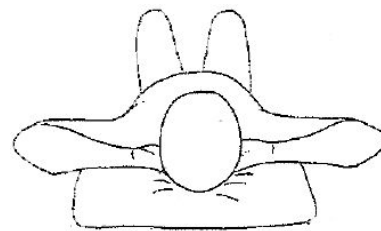
5. Lie on your back and keep your elbows into your side. Hold a stick in your hands and move the stick sideways, gently pushing the hand of your injured arm outwards. Repeat 5-10 times.



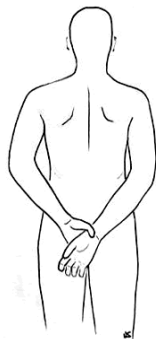
6. Lying on your side, with your affected arm uppermost. Keep the arm straight and thumb towards the ceiling. Gently lift it away from your body. Repeat 5-10 times.



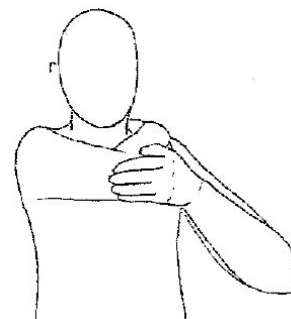
7. Lying on your side with your injured arm uppermost, keep your elbow bent and close to your body and lift your hand up away from your body. Lower gently. Repeat 5-10 times.



8. Lie or sit and put your hands behind your head. Gently stretch your elbows down towards the floor until you feel a gentle stretch on the front of your shoulders. Repeat 5-10 times.



9. Stand with your arms behind your back. Grasp the wrist of your injured arm and gently stretch the hand of your injured arm towards the opposite buttock. Then gently slide your hands up your back. Repeat 5-10 times.



10. Take your affected arm across your body to rest your hand on the opposite shoulder. Grasp the elbow of your injured arm with your other arm and gently stretch the arm across your body. Repeat 5-10 times.

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

Reviewed: RBFT Department of Orthopaedics Orthopaedic Unit, October 2022.
Next review due: October 2024

Compassionate

Aspirational

Resourceful

Excellent