

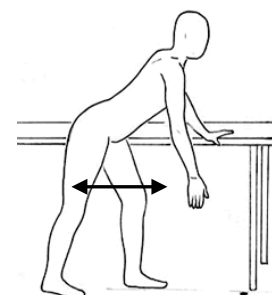
Shoulder injuries exercises

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

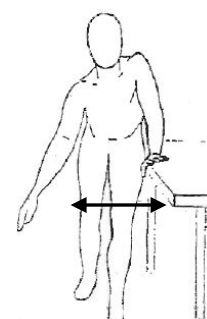
Remember:

- 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.

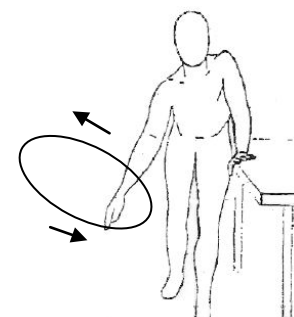
1. Lean forwards in a steady, supporting position. Swing your arm forward and backwards, slowly like a pendulum.



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



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



Further information

Visit the Trust website at www.royalberkshire.nhs.uk

Fracture Clinic, August 2018. Review due: August 2020