

Patient Information

Physiotherapy

Shoulder Class – Week 1

Welcome to the shoulder class!

This 6 week programme aims to show a number of exercises and “strategies” to help improve the range of movement, strength and stability of your shoulder.

Some of the ideas that we provide, may be immediately useful, others may not be so useful for some months but we hope that you can use the class to gain a better understanding of your shoulder, now and in the future.

Shoulder problems tend to fit into the following categories:

- Stiff joints – these need to be moved
- Weak muscles – this means reduced control, and can lead to painful impingement

The course is mainly practical, and involves practicing the exercises rather than talking about them, but if you feel tired, sore or unwell take a rest at any time and let one of the therapists know.

Please feel free to ask questions, and where possible we will answer them, but we may save them for the end of the session to preserve a smooth flow of the class.



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Content

Each session will start with a short warm up followed by the week's theme.

We will teach a variety of stretches, core and shoulder strengthening exercises, to deal with stiffness and improve control.

At the end of each session, try to incorporate some of the “strategies” at home.

After the course

By the end of the 6 week course, we would expect to see an improvement in your mobility, but we wouldn't expect your shoulders to be perfect, and the outcome depends upon the nature of your injury.

All the best from,

The Upper Limb Unit physiotherapy team

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask your physiotherapist and we will do our best to meet your needs.

The Trust operates a smoke free policy

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