

## Physiotherapy

# Shoulder Class – Week 2

## Postural correction and improving shoulder range of movement

### Stiff shoulders

If you have a stiff shoulder following a fracture or frozen shoulder capsular release, then it is important to move the joint:

- **As fully as possible**
- **As frequently as possible**

The ligament “capsule” that supports the shoulder can become very tight in some people and good firm stretches are needed to loosen it up. Discomfort tends to be deep and aching rather than sharp. Movement is unlikely to make your shoulder worse.

### Shoulder impingements

Shoulders that don't move due to “impingement” can also become stiff, but the lack of movement is often felt as a sharp sensation when the shoulder is in certain positions. Over time, this can develop into an ache due to the soft tissues becoming inflamed. Many of the same exercises can be done as with a stiff shoulder, but you should respect the pain more.

- Move up to the limits of your pain
- Don't push through the pain

You will probably benefit from the cuff strengthening or deltoid strengthening exercises detailed below. You should also address any postural issues that you have.



## Patient Information

### Postural correction

Good posture is really important for people with shoulder injuries because some of the muscles that support your neck also attach to your shoulder blade. If the muscles are over-active then it can limit the motion of your shoulder blade and this can lead to a shoulder impingement.

The following pages explain some simple range of movement, cuff strengthening and postural exercises that you can do.

### Self assisted flexion



- Use your uninjured arm to help lift your injured arm as high as possible to the front and if possible, over your head. You can do this standing, sitting or lying down on your back. **Repeat 10 times, 3 times per day.**
- You can use a wall to support the weight of your arm, by walking your fingers up the wall as high as possible if you need to.

## Patient Information

### Stick assisted abduction



Abduction means to lift the limb away from the body and out to the side

- Use a broom handle or walking stick to help lift your arm up to the side of your body. **Repeat 10 times, 3 times per day.**
- You can use a wall to support the weight of your arm, by walking your fingers up the wall as high as possible, if you need to.

### Stick assisted lateral rotation



- Keep your elbow tucked into your body and use a broom handle or walking stick to help push your arm out to the side of your body. **Repeat 10 times, 3 times per day.**

## Patient Information

### Assisted hand behind your back



- Take your arm behind your back as far as possible and use a broom handle, walking stick, or towel, to help pull your arm up your back as far as possible. **Repeat 10 times, 3 times per day.**

### Pendular swing



Let your arm hang (relaxed), and swing it gently, forwards and backwards, side to side and in circles like the pendulum of a clock. **Do this for 1 or 2 minutes, 3 times per day.**

## Patient Information

### Rotator cuff strengthening

The rotator cuff is a group of muscles that help facilitate the rotation of the head of your humerus (the ball) in the cup of the shoulder blade (the socket). They are very important for shoulder movement.



The rotator cuff is a group of muscles that help facilitate the rotation of the head of your humerus (the ball) in the cup of the shoulder blade (the socket). They are very important for shoulder movement.

1. Lie on your back with your arm out to the side of your body and your elbow resting on a rolled towel or small pillow
2. Rotate your forearm forwards
3. Rotate your forearm back

Don't let your shoulder drop forward, always move within pain tolerances and don't push through the pain. **Repeat 10 to 15 times, 3 times per day.** You can progress by holding a light weight in you hand if you feel able to.

## Patient Information

### Postural exercises



- Stand with your feet comfortably apart
- Gently lift your head. Imagine a string pulling you tall from the centre of your scalp.
- Gently lift your chest
- Feel yourself being pulled wide through your collar bones.
- Gently lift your head backwards
- Your body should be nicely stacked, head on top of shoulders, over pelvis, over knees, over ankles
- If you lean against a wall, your bottom, upper back and head should be touching the wall, with a slight pull at the back of your head.

The diagram shows a plumb line to illustrate body alignment

### Basic core strength exercise



Your core muscles are the muscles around your abdomen that support your spine and pelvis. Good core muscles are important for helping to maintain a good posture.

- Lie on your back with your knees bent, and rest your hands lightly on your tummy
- Contract your pelvic floor muscles (imagine that you are stopping yourself from having a wee)

## Patient Information

- Draw your tummy button in and **hold your tummy in for 10 seconds, repeat 10 times**

Initially, you may find it difficult to breath while you hold the contraction, but this should get easier with practice.

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

<b>Document History</b>	
Department:	Physiotherapy
Contact:	26861
Updated:	October 2020
Review:	October 2022
Version:	3.1
Reference:	HIC/LFT/1899/15