

Patient Information

Physiotherapy

Shoulder Class – Week 6

The aim of this session is to recap on some of the ideas that you have come across within the course, and to give you the opportunity to practice some of the techniques that you have learnt.

By now, you should have been doing the exercises given to you by your physiotherapist on a daily basis for many weeks. The exercises shown in the class can provide foundation for future development.

By week 6 we expect that most people will have more movement, more strength or more function than they did at the beginning of the course and we expect that your shoulder will feel more comfortable. We don't however expect your shoulder to be perfect or completely pain free.

Conclusion

Exercises broadly fall into the following categories:

- Range of movement
- Deltoid strength
- Rotator cuff strength
- Core strength

If your shoulder is stiff then loosen it before you try and strengthen it. Most people with shoulder problems will need to strengthen their rotator cuff muscles, because as you move they pull the ball around in its socket. However, if the rotator cuff muscles have been ruptured or you have had a joint replacement this will be impossible. In that case you need to learn to strengthen your deltoid muscles to compensate for the damage.

Core strength is important to off-load over-active neck and shoulder muscles.



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Keep going – It doesn't end here!

While you lack movement or feel some discomfort, try and do something several times per day. Gradually as time progresses and problems resolve, reduce your exercise down to once a day and then every other day until you feel there is no further need for your exercises.

Some people with very stiff shoulders may find that they will always benefit from doing stretching or “loosening” exercises in the morning.

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.

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Document History

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