

Physiotherapy

Shoulder class - week 1

Welcome to the shoulder class. This 6-week programme aims to show you some exercises and “strategies” that should help to improve your shoulder’s range of movement, strength and stability.

We hope you can use the class to better understand your shoulder. Some of the ideas we give you may be useful now, and others may be useful in a few months.

Shoulder problems tend to fit into:

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

The classes are practical and involve doing exercises. 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 we’ll answer them where possible. We may save your questions for the end of the class to make sure it runs smoothly.



What happens at each class?

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

We'll teach you different stretches, core exercises, and shoulder strengthening exercises. These should help you with any stiffness and improve your control. Try to incorporate some of the "strategies" at home.

After the course

By the end of the 6-week course, we expect to see an improvement in your mobility. We don't expect your shoulders to be perfect. Your outcome depends on 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.

Document History

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