

Patient Information

Physiotherapy

Shoulder class - week 6

At this session, we'll recap some of the ideas you've come across within the course. You'll also be able to practice some of the techniques you've learnt.

By now, you've been doing the exercises given to you every day for many weeks. The exercises shown in the class can provide a foundation for future development.

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

Conclusion

In general, exercises fall into the following categories:

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

If your shoulder is stiff, loosen it before you try and strengthen it.

Most people with shoulder problems need to strengthen their rotator cuff muscles. These muscles pull the ball around in its socket as you move.



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This will be impossible if your rotator cuff muscles are ruptured, or if you've had a joint replacement. You'll need to strengthen your deltoid muscles to compensate for the damage.

Core strength is important to offload overactive neck and shoulder muscles.

Keep going – it doesn't end here

While you still lack movement or feel some discomfort, try and do exercises several times a day. Over time and as problems resolve, reduce your exercises to once a day, and then every other day. Reduce your exercise until you feel there's no need for them anymore.

Some people with very stiff shoulders may find they'll always benefit from 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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