

Trauma & Orthopaedics

Shoulder Injury - Exercises



To overcome stiffness in your shoulder, do the following exercises.

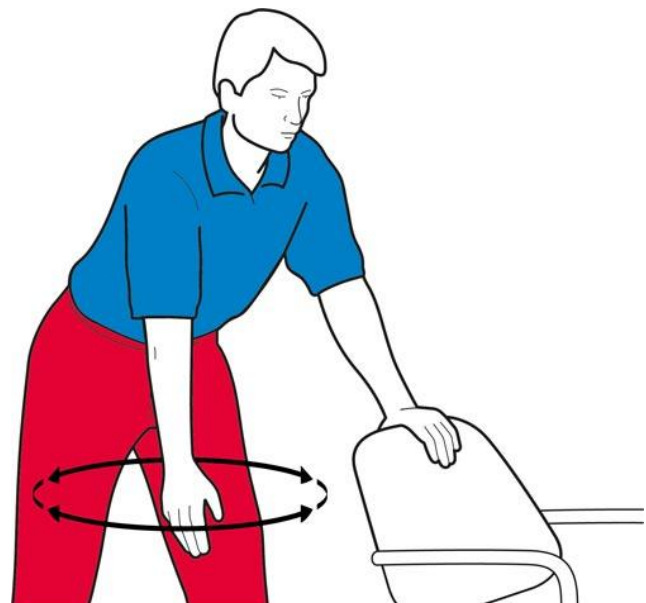
Please remember:

- Remove brace / splint / sling* before exercising. (*Hospital staff to delete as appropriate.)
- Exercise as the pain allows – do not continue if it is too painful!
- Complete five of each exercise.
- As the exercises become easier, build up to completing three times a day.

Exercises

Please look at the picture as a guide.

1. Lean forwards in a steady, supporting position. Swing your arm forward and backwards, slowly like a pendulum.
2. Then swing your arm across your body and out to the side slowly.
3. Complete by swinging your arm in a circular motion.



Patient Information

Should you have any worries or concerns following discharge from hospital, please contact:

Virtual Fracture Clinic Hotline: 024 7696 9237

(Monday to Friday 9am- 4pm)

We are unable to take calls while our clinic is running, but you can leave a voicemail. Please leave a voicemail with your full name and number and we will return your call.

For emergencies out of these hours please attend A&E.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **024 7696 9237** and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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Document History

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