



Trauma and Orthopaedics

Shoulder injury - exercises

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

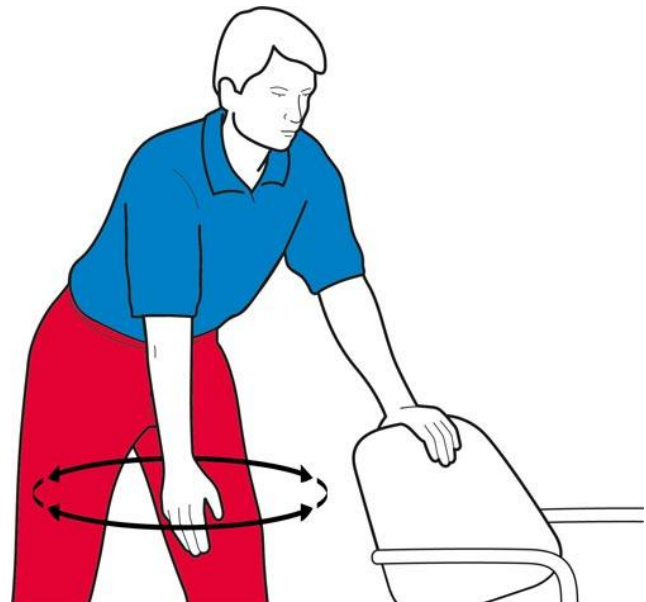
Please remember:

- 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 5 of each exercise
- as the exercises become easier, build up to completing 3 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 to 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 phone number and we will return your call.

For emergencies outside 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.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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www.uhcw.nhs.uk/feedback



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