



SHOULDER EXERCISES

PATIENT INFORMATION

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Specific exercise is very important to help reduce the stiffness in your shoulder, it stretches the shortened muscles and capsule. The following exercises are best performed daily, little and often throughout the day.

Pain felt on exercise is to be expected. It is because you are stretching shortened structures around the joint.

Local heat may help to bring some relief and aid stretching i.e. a hot water bottle/wheat pack placed around the joint for up to 20 minutes before exercising.



1 Lying on your back with a pillow under your head. Hold a stick in both hands. Straighten your elbows and lift the stick above your head, stretching back as far as possible.

Hold for 10 secs. Repeat 10 times.

Alternatively, this exercise can be done in standing, although you may find it harder at first.



2 Lying on your back with your hands behind your head and elbows pointing towards the ceiling.

Move your elbows apart and down towards the floor.

Hold for 10 secs. Repeat 10 times.



3 Standing inside a door-frame. Place the inside of the forearm (*of the arm to be exercised*) against the wall.

Now turn the body away from the wall. You should feel a stretch at the front of the shoulder.

**Hold for 10 secs.
Repeat 10 times.**





4 Standing. Hold a stick in both hands in front of you. Pull the stick up towards your chin whilst keeping the elbows out to the side.

Hold for 10 secs. Repeat 10 times.

5 Standing. Put both arms behind your back and use the good arm to help slide the stiffer one up your back. Alternatively, use a towel to help you.
Hold for 10 secs. Repeat 10 times.



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