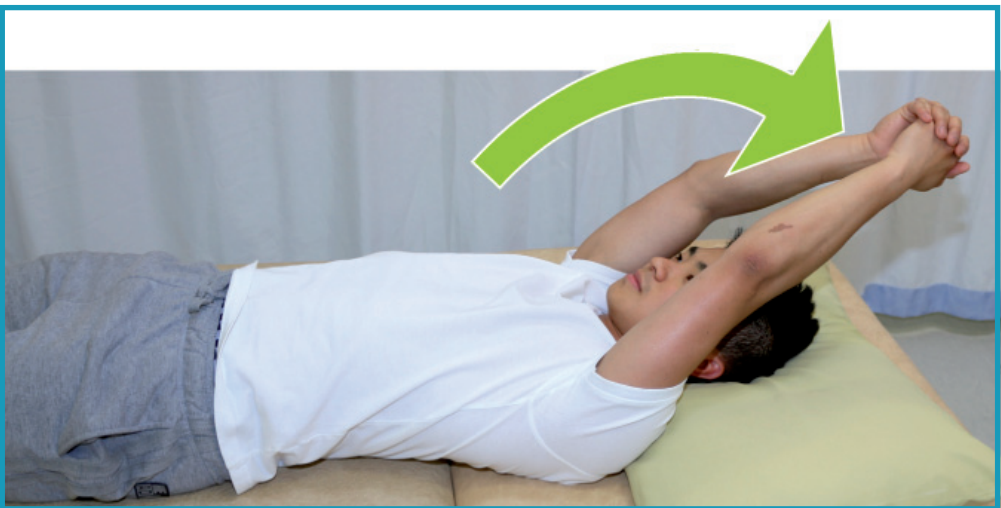


Basic shoulder exercises

Information and advice



Leicestershire
Partnership NHS Trust
Riverside House
Bridge Park Plaza
Bridge Park Road
Thurmaston
Leicester
LE4 8PQ

Section 1: Basic shoulder movement exercises



If this box is ticked then perform all the exercises in this section. Otherwise perform only the exercises that are individually ticked.

Any exercises performed in this section should be done

times a day.



Shoulder pendulum A

Stand leaning on a table with one hand. Let your other arm hang relaxed straight down.

Swing your arm forwards and backwards.

Repeat for 30-60 seconds.



□ Shoulder pendulum B

Stand leaning on a table with one hand. Let your other arm hang relaxed straight down.

Swing your arm to your left and then to your right.

Repeat for 30-60 seconds.



□ Shoulder pendulum C

Stand leaning on a table with one hand. Let your other arm hang relaxed straight down.

Swing your arm as if drawing a circle on the floor. Change direction.

Repeat for 30-60 seconds.



□ Scapula adduction

Stand leaning on a table with one hand. Let your other arm hang relaxed straight down.

Bend your elbow bringing it behind your back and pull your shoulder blades together.

Repeat for 30-60 seconds.



□ Shoulder flexion

Lying on your back with your elbows straight. Use one arm to lift the other arm up keeping it as close to the ear as possible.

Hold for 10—15 seconds. Repeat 10 times.



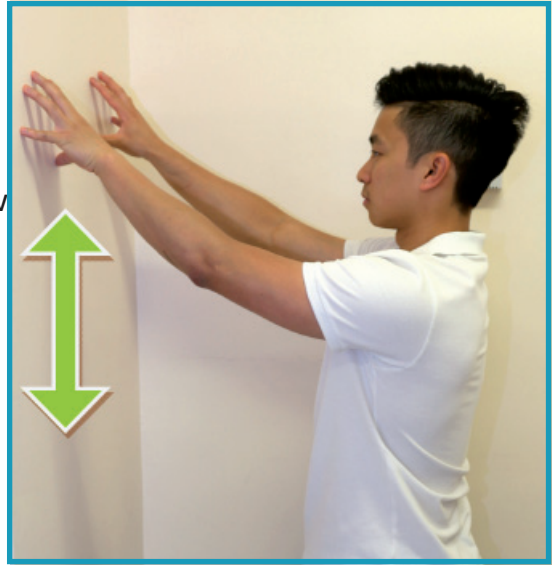
□ Shoulder flexion

Stand facing a wall.

'Walk' your fingers up the wall and down in the same way.

Hold for 10 seconds.

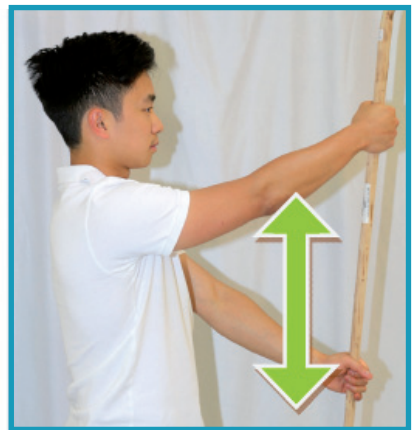
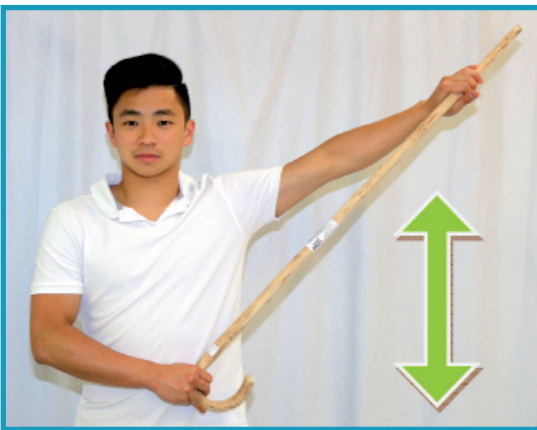
Repeat 10 times.



□ Shoulder abduction

Stand and grip one end of the stick with the arm to be exercised. Lift the stick up forwards or sideways by assisting with the other arm.

Hold for 10-15 seconds. Repeat 10 times.



Section 2: Basic shoulder strengthening exercises



If this box is ticked then perform all the exercises in this section. Otherwise perform only the exercises that are individually ticked.

Any exercises performed in this section should be done



times a day.



Shoulder flexion

Stand facing a wall.

Keep your upper arm close to the side and your elbow at a right angle.

Push your fist against the wall.

Hold for 10 seconds.

Repeat 10-20 times.



□ Shoulder extension

Stand with your back against the wall. Keep your upper arm close to the side and your elbow at a right angle.

Push your elbow back against the wall.

Hold for 10 seconds.

Repeat 10-20 times.



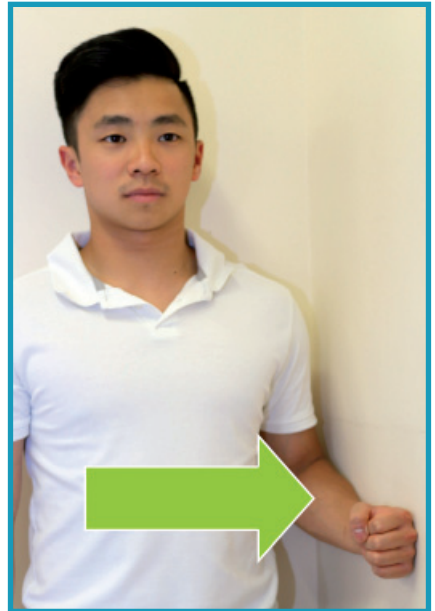
□ Shoulder abduction

Stand sideways against a wall with your upper arm close to your side and elbow at a right angle.

Push the forearm to the side against the wall.

Hold for 10 seconds.

Repeat 10-20 times.



☐ Shoulder external rotation

Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall.

Hold for 10 seconds.

Repeat 10-20 times.

☐ Shoulder internal rotation

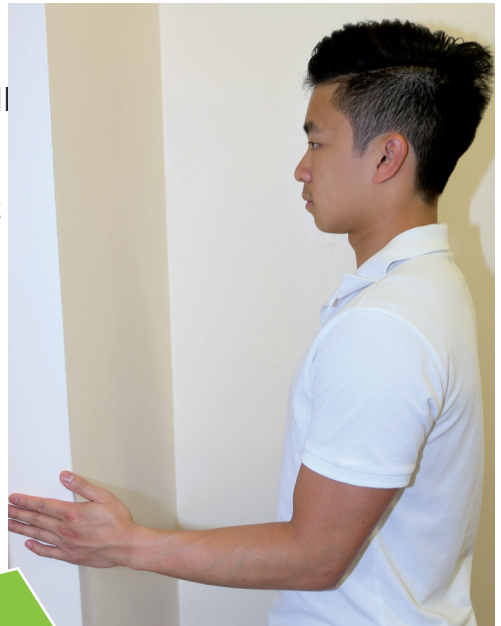
Stand in a doorway with your elbow close to your body and bent at a right angle.

Place your hand against the wall

Push your hand inwards against

Hold for 10 seconds.

Repeat 10-20 times.



Section 3: General advice

Check that your elbow bends and straightens fully and that your wrist and hand move well. These joints can all become stiff if your arm is not being used normally.

Remember when dressing that it is much easier to place your affected arm into its sleeve first.

You should be able to perform most light chores such as washing up.

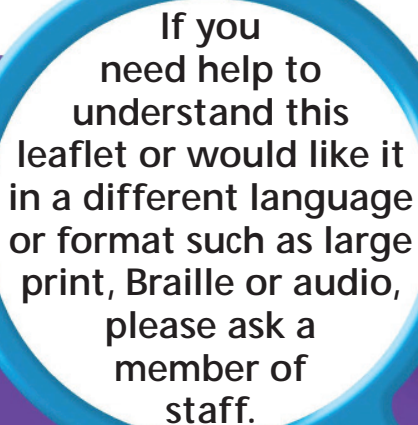
Lifting heavy objects should not be attempted initially. It is best to gradually increase the weight lifted. Seek advice from your doctor or Physiotherapist.

The exercises will be most effective when practiced regularly.









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need help to
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member of
staff.**

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