

ADVICE FOR PATIENTS WITH SHOULDER PAIN

Exercises to reduce stiffness and increase movement

Please try these exercises 2-3 times each day. Repeat each exercise 10 times. It is okay to experience some discomfort but **do not push the shoulder into pain**. If you get catches of pain, avoid those exercises that cause the catches. If you have used ice, allow 30 minutes before exercising.



Stand leaning on a table with your good arm.

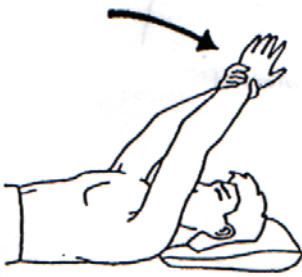
Let the arm to be exercised hang relaxed straight down and swing it forwards and backwards.



Stand as for the first exercise but swing the arm from side to side.



Stand as for the first exercise but swing the arm in a circle.
Repeat in the opposite direction.



Lie on your back with elbows straight.

Use your good arm to lift the affected arm up, keep it as close to the ear as possible.



Bend and straighten your elbow.



Stand facing a wall.

'Walk' your fingers up the wall as high as possible. Reverse down in the same way.

NB. If you feel the exercises are making your pain worse STOP DOING THEM AND SEEK ADVICE