

## PATIENT INFORMATION

# Shoulder Exercises (non-traumatic)

Advice for patients, relatives and carers

### Gentle shoulder exercises

Exercises can be repeated 3 or 4 times a day.

Start with 10 repetitions of each exercise and increase as able.

1. Pendulum exercises. Lean forwards and let affected arm swing away from your body. swing the arm backwards and forwards swing the arm side to side make steady circles in one direction and then the opposite direction
2. Place hands on worktop or table.
  - Slowly walk your feet backwards, keeping hands still.
  - Gently bend forward at the waist and keep moving backwards until you feel a stretch in your shoulder. Then move back to start position
3. Place hand on cloth flat against the wall.
  - Slide your hand up the wall as far as possible.
  - Assist with the other hand under the elbow.
  - Hold the stretch and then slowly lower, keeping pressure through the hand on the way down.

If it is too painful to slide your hand up the wall, place a tea towel on a smooth table. Place both hands on the tea towel and push your hands forward as pain allows. Push up to, not into pain. You may find it easier to sit down to do this exercise.

### Hygiene

It is necessary to wash the skin in the crease of the elbow and armpit, either if your arm is in a sling, or your shoulder is too painful to lift your arm unsupported.

For the elbow, slip your hand out of the sling. Let the arm rest gently by your side then gently straighten the elbow – wash and dry the skin. Replace your arm back into the sling.

For the armpit, slip your hand out of the sling, lean forward and let the arm swing away from the body enough to gently wash and dry the armpit.

## **Sleeping**

It can be more comfortable to sleep sitting up with your arm supported with pillows to start with.

There are plenty of advice videos that can be found on the web page below:  
[www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/](http://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/)

Videos that may be useful are:

**“Hygiene, dressing, sleeping and sitting with your shoulder problem”**

**“Splints, slings and shoulder support”**

**“Overview of the shoulder exercise programme”**

**“Precautions and limits”**

**“Stage 1 and 2”**

If there is no improvement after 2 weeks, then you can self-refer into physiotherapy for assessment and advice.

The physiotherapist can guide you on how and when to progress your exercises, depending on your level of pain and function.

## **To refer yourself for Physiotherapy**

**Please Call: 0300 456 9987 (local rate)**

Monday-Friday 08:30 – 12:00 noon (excluding bank holidays)

**Or visit:**

[www.torbayandsouthdevon.nhs.uk/physiopkb](http://www.torbayandsouthdevon.nhs.uk/physiopkb)

All initial physiotherapy consultations are a video call appointment with an Enhanced Clinical Practice (ECP) Physiotherapist.

There are a limited number of initial face-to-face appointments for patients without technology but the waits for these may be longer.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.