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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

SHOULDER INJURY

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

INTRODUCTION - EXPLANATION OF CONDITION

Please complete the text for this section

SHOULDER EXERCISES

It is important to carry out regular exercises to regain movement of the shoulder joint and prevent any stiffness developing. Start with these gentle exercises:

- Shrug shoulders x 20
- Rotate shoulders backwards x 20
- Rotate shoulders forwards x 20
- Brace shoulders back x 20
- Bring shoulders forwards x 20
- Pendulum swing the shoulder x 20
- forwards and backwards x 20
- from side to side across the body x 20
- round in a circle - clockwise x 20
- round in a circle - anticlockwise x 20

Then progress to these exercises:

- Fold arms loosely and lift them over the head.
- Holding arms outstretched and parallel, lift them over the head.
- Keeping elbows straight, lift arms sideways above head.
- Put arms behind back and lift backwards.
- Put hands behind head and brace elbows out.

FURTHER INFORMATION

Additional advice or information can be obtained by Contacting Walk-in Centre at Ashford Hospital on **01784 884828** or **01932 772025** for Accident & Emergency at St. Peter's Hospital.

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