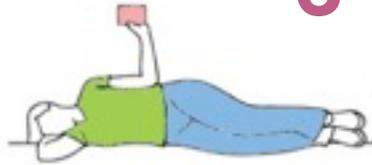




5

Hold onto the end of a desk with the hand of the affected arm. Drop your head towards the other side and feel a stretch in your upper shoulder. Hold for 30 seconds and perform a total of 6 stretches per day.



6

With a light weight or soup can in your hand, rotate your upper arm so that your hand and forearm points up towards the ceiling. Be sure to keep your elbow at right angles (90°) at all times. Repeat 5 times, 3 times daily. Stop this exercise if it causes you any pain.



7



Stand against a wall with your arm at your side and elbow bent at 90°. Press the inside of your arm against the wall. Hold this for 5 seconds, repeat 10 times, 3 times daily.



8

Standing against a wall with your arm at your side and elbow bent at 90°. Press the outside of your arm against the wall. Hold this for 5 seconds, repeat 10 times, 3 times daily.

What if my condition hasn't improved after these exercises?

If you see no improvement in your shoulder after these exercises, then it is likely you may need specialist musculoskeletal treatment. At PhysioQinetics, we pride ourselves in providing affordable first-class musculoskeletal physiotherapy. Why not make an appointment with us today?

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Patient information leaflet series

Shoulder Pain: Advice and exercise

This leaflet may have been handed to you by your doctor as you are experiencing Shoulder pain. Depending on the cause of the pain the doctor may have advised you to rest or to perform some exercises or a combination of both. The aim of this leaflet is to give you some basic self-help advice and exercises to manage your shoulder problem.

You are likely to be experiencing some or all of the following symptoms:-

- Shoulder pain
- Referred upper arm pain
- Shoulder stiffness / loss of movement and function

Advice

- First, follow your doctor's recommendation on pain relief medication.
- Heating the muscles around the neck and shoulders can help the muscles to relax and so ease your pain. Use a heated wheat pack or a hot water bottle wrapped in a towel. Place the heat around your neck and shoulders for 10-15 minutes.
- If there is swelling, try an ice/gel pack on the shoulder for 10-15 minutes. Take a packet of frozen peas, wrap them in a damp tea towel and place over your shoulder. Re-apply every 3-4 hours as needed especially in the initial stages of injury. Do not use heat or ice on your shoulder if you have poor sensation or an infected wound in the area.

Exercises for shoulder pain

-continue-

- You can help reduce your shoulder pain by maintaining good posture at all times. In sitting, ensure that your back is straight, your shoulders are back and buttocks should touch the back of your chair. Try to keep your arm by your side, with the elbow propped up on an arm rest. This will tend to keep the shoulder blade up and improve shoulder posture. Sitting correctly reduces the strain on muscles and ligaments around your neck and shoulder.
- If possible, stop the activity that aggravates the pain or find a different way of doing it. E.g. you may find that you tend to use your arm at shoulder height. Try to avoid this by raising yourself up such as using steps for overhead activities. Another common movement that aggravates the shoulder is raising your arm with the elbow twisted outwards. Try keeping the elbow in and then raise your arm, palms up to the ceiling, so you are trying to clap your hands up overhead.
- Avoid overhead reaching, reaching across the chest, lifting, leaning on the elbows, and sleeping directly on the affected shoulder where possible.

The following exercises will aid in increasing movement, muscle strength and reducing tightness in your affected shoulder, thereby reducing pain. If you have used ice, allow 30 minutes before exercising. If you get catches of pain in the shoulder, avoid those exercises that cause the catches. You may experience some mild discomfort during these exercises but it should not increase your pain.

Number of repetitions and sets of each exercise are only a rough guide, you may need to adjust this depending on the severity and irritability of your shoulder condition.

Exercises

1

Squeeze your shoulder blades downward and towards each other, towards the spine. Hold for 5 seconds, repeat 10 times, 3 times daily.



“If you are involved in a sport/ profession using repetitive movements, seek expert advice early on your technique. A chartered physiotherapist at **PhysioQinetics** may be able to give you advice on your movement patterns as well as appropriate stretching and progressive strengthening exercises.”

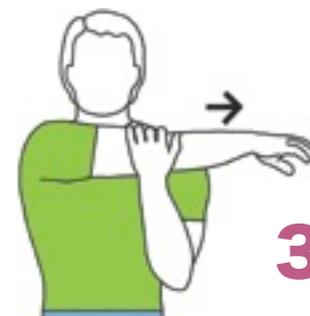
2

Walk the fingers of your affected side up the wall, and challenge yourself to go a little higher each day. Slowly lower your arm back down and repeat 5 times, 3 times daily.



Take arm across your body, giving a gentle stretch with your other hand at the elbow. Try and keep your shoulder down. The stretch should be felt at the back of the shoulder and upper arm. Hold for 30 seconds and perform a total of 6 stretches per day. Do not do it if it is painful in the front of the shoulder.

3



4

Interlock your fingers and push your hands as far away from your chest as possible. You should feel the stretch between your shoulder blades. Hold for 30 seconds and perform a total of 6 stretches per day.



What is frozen shoulder?

Frozen shoulder is caused by inflammation and thickening of the lining of the joint capsule. It mainly affects people in their middle age and more common in people who have diabetes. If a frozen shoulder is diagnosed early enough it is possible to reduce the pain and loss of movement significantly. An experienced physiotherapist can diagnose a true frozen shoulder quickly and begin the appropriate course of treatment.