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The Royal Liverpool  
and Broadgreen  
University Hospitals  
NHS Trust

## Patient information

# Early Stage Shoulder Exercises

### Therapies, Trauma and Orthopaedics Specialities

The following exercises will help your shoulder to recover and will be most effective if practised regularly during the day. We would suggest doing them at least three to four times per day. You should aim to increase movement each day. Forcible stretching is unnecessary and is likely to cause pain and delay your recovery.

Regularly massage your affected arm with cream. This will help to decrease swelling and maintain skin condition.

When sitting, place the palm of your hands on your thigh. Start to slide hands towards the knee.



To progress this exercise, sit at a table / kitchen worktop with both hands resting on a towel and slide both arms forward.



Sit alongside a table / kitchen worktop. Keeping your hand in contact with the surface, use a towel and slide your affected arm across the table / worktop as far as comfortable.



When sitting/standing keep arm straight by your side with your thumb facing forwards. Slowly begin to turn whole arm aiming to face palm away from the body.



To progress this place both hands on your thigh, slide hands up towards your hips and aim to reach around to lower back.



When sitting, place a cushion on your lap. With both hands flat on the cushion, gently push down on the cushion and hold for ten seconds.



To progress this exercise, stand with the cushion on the kitchen worktop. Place hands forwards and push down, turn hands inwards and push down, turn out to the side push down. Complete five times in each position.



**You should contact your family doctor (GP) if you require a fit note**

## **Feedback**

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

**Should you have any worries or concerns a message can be left on the Fracture Clinic Hotline and an appropriate person will contact you between 9 – 4pm, Monday to Friday. Any messages left over a weekend will be dealt with on Monday.**

**Tel: 0151 706 2831**

**Text phone number: 18001 0151 706 2831**

Royal Liverpool Hospital and Broadgreen Hospital

PIF 9009 V1

**For any urgent worries or concerns please contact the Emergency Department on Tel: 0151 706 2050**  
**Text phone number: 18001 0151 706 2050**

**Non urgent concerns can be discussed with your GP.**

**Royal Liverpool University Hospital Website -**  
**<http://www.rlbuht.nhs.uk>**

**NHS 111 Service**  
**Tel: 111**

**Author: Trauma and Orthopedics Directorate**  
**Review date: August 2020**

**All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.**

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