

## Shoulder Injury

### Contact Details

If you have any questions please telephone the RUH Emergency Department on

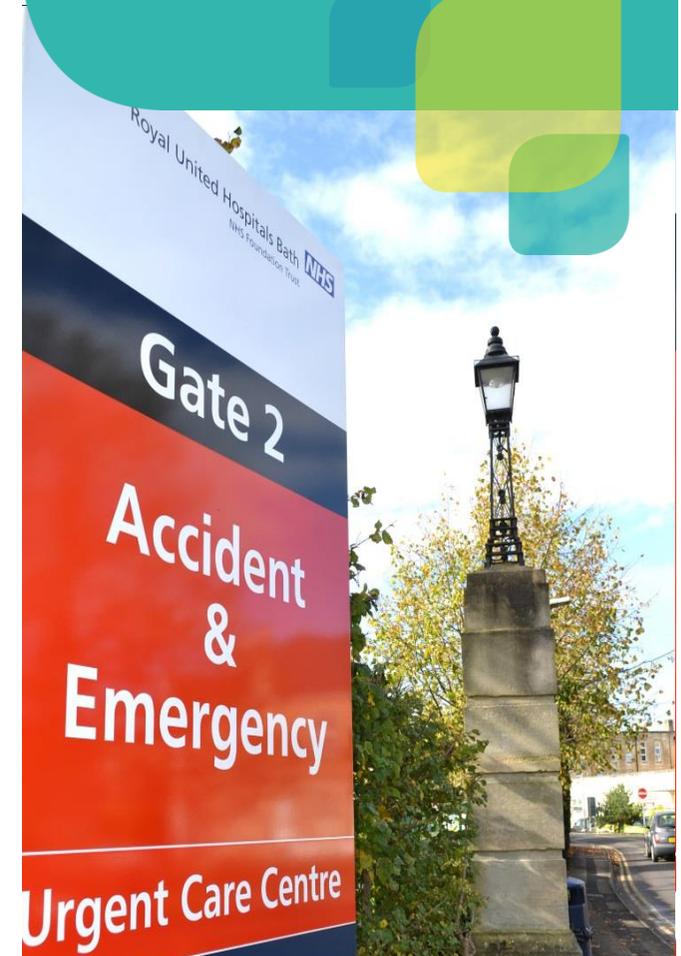
**01225 824000 (day)**  
**01225 825015 (night)**

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Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

Date of publication: May 2017  
Ref: RUH EMD/038 v2  
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## Shoulder Injury

It is important to carry out regular exercises to regain movement of the shoulder joint and prevent any stiffness developing. However, do not overuse the shoulder until you can do so or it may make your pain worse.

1. Shrug shoulders **x 20**
2. Circle shoulders backwards **x 20**  
  
Circle shoulders forwards **x 20**
3. Brace shoulders back **x 20**
4. Bring shoulders forwards towards each other **x 20**
5. Arm Swings

Starting position: Place one foot in front of the other in a striding position and bend forward slightly. If necessary, stand by a table sideways on and support yourself on the table with your good arm.

Let your injured arm hang down by your side, keeping your elbow straight.

Let the injured arm swing like a pendulum:

- a) Forward and backwards **x 20**
- b) From side to side across your body **x 20**
- c) Round in a circle –  
Clockwise **x 20**  
Anticlockwise **x 20**

Do these gently at first then gradually increase the movement.

6. Fold arms loosely and leave over the head, use good arm to help affected arm.
7. Stand about an inch away from a wall facing it. Keeping elbows straight, lift arms sideways above the head.
8. Holding a stick, put arms behind back and lift backwards.
9. Put hands behind head and brace elbows out.

