

Shoulder Osteoarthritis

What is Osteoarthritis?

Osteoarthritis is the most common form of arthritis, typically affecting any joint, including the shoulder. The process occurs as we age, causing changes to the joint surface, through inflammation and breaking down of cartilage. Symptoms of osteoarthritis include pain, stiffness, reduced movement and a grating/grinding sensation.

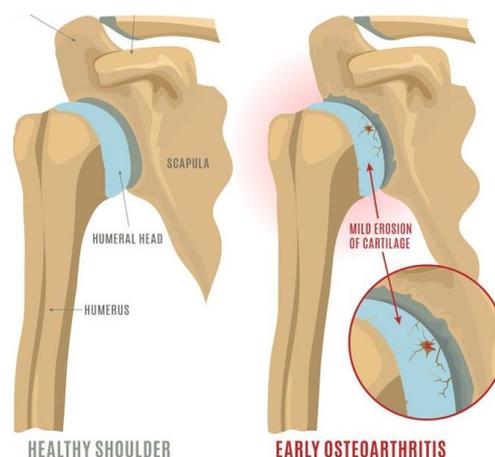
How can I help myself?

Take pain relief regularly when needed to allow you to move better

- Pace your daily activities throughout the day
- Maintain a healthy weight
- Keep repetitive overhead activity to a minimum
- Reduce stress levels through meditation, mindfulness and breathing exercises
- Get plenty of sleep
- Do not smoke

What medication can be taken to relieve pain?

There are a number of tablets and creams that can help relieve pain and symptoms of osteoarthritis. Your pharmacist can recommend and supply to you some tablets and creams without prescription. If pain still persists it may be helpful to speak to your GP who can discuss other options with you.



The benefits of exercise for osteoarthritis

Exercise helps to reduce pain, ease stiffness, strengthen muscles and improve overall fitness. Improving general fitness alongside strengthening muscles is important in the management of osteoarthritis. Walking, cycling, swimming, low impact fitness classes including aerobics, t'ai chi, yoga and pilates are all beneficial.

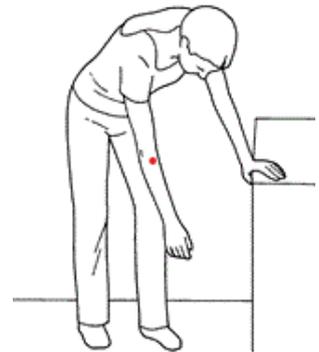
Stretching Exercises

You should feel a gentle pull when completing these movements, holding each for one minute, repeating five times.

- Lie on your back with your arms by your side. Use one arm to lift the affected arm up as far as comfortable, lower back down slowly.



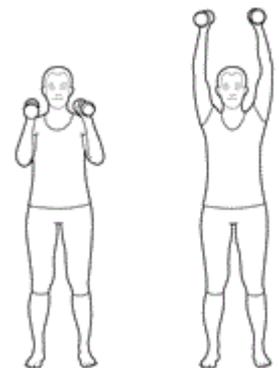
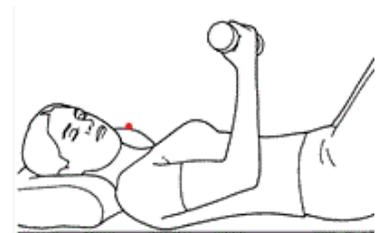
- Lean forward, swing the arm backwards and forwards, to the left and right and in a circle all in a pendular motion as though your hand is a weight on the end of a piece of string.



Strengthening Exercises

The following exercises should be started gradually and increased as pain allows. You should repeat the exercises until the muscles feel tired.

- Lie on your back with your elbow bent and a small weight in your hand i.e tin of beans. Raise your hand up towards the ceiling, extending your elbow. Return back to the starting position. Repeat as many times as you are able to.
- Hold weights at shoulder height, elbows pointing forward. Raise weights up towards the ceiling only as far as comfortable. Return to the starting position. Repeat as many times as you are able to.



For further information:

<https://www.nhs.uk/conditions/osteoarthritis/>

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.pals@nhs.net or telephone 01225 825656 /826319