

# Shoulder Exercises

## Information for patients



This booklet is to help you remember the exercises your physiotherapist gives you. Please don't use it without their advice.

Your physiotherapist will advise you which of the exercises to do, show you how to do them, how many to do, and how often. They may also suggest you modify some of the exercises, or even give you some different exercises, depending on your individual needs.

There are two types of exercises: range of movement exercises (to maintain movement) and gentle stretches (to improve movement). Range of movement exercises should never be too uncomfortable. Stretches are painful, but this pain should soon settle.

Do your exercises when your shoulder is relaxed, like after a warm shower or bath, or when your pain relieving medication is at its peak. Get into a comfortable starting position, don't hold your breath during the exercises, and don't try too hard.

If you think a particular exercise is making you worse, stop doing it until you've discussed it with your physiotherapist. Also chat to your physiotherapist if you're struggling with any of the exercises, forget how to do them or are struggling to find time. Your physiotherapist is there to help.

These exercises have been selected for you by your physiotherapist. Only perform the exercises that have been ticked as they have been selected specifically for you.

You may find that your exercises will be changed as you progress. If so any exercise your physiotherapist advises you to stop will be crossed out and a new one will be ticked.

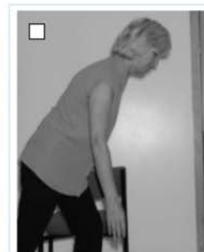
### Range of movement



**Shoulder shrugs**

How many: .....

How often: .....



**Pendular**

How long: .....

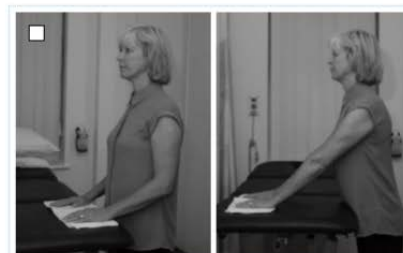
How often: .....



**Sternal lift**

How many: .....

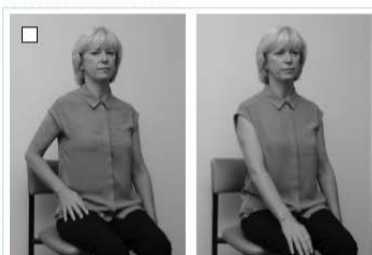
How often: .....



**Supported flexion 2**

How many: .....

How often: .....



**Supported flexion 1**

How many: .....

How often: .....



**Body on arm flexion**

How many: .....

How often: .....



**Upright wall slides**

How many: .....

How often: .....



**Internal rotation**

How many: .....

How often: .....



**Assisted flexion**

How many: .....

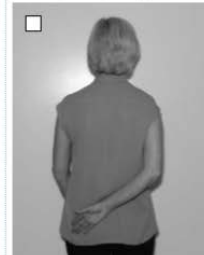
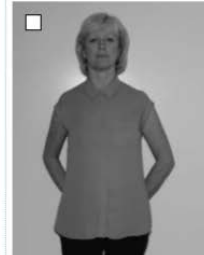
How often: .....



**Assisted extension**

How many: .....

How often: .....



**Active external rotation** How many: ..... How often: .....

**Gentle sustained stretches**



How many: .....  
Hold for how long: .....  
How often: .....



How many: .....  
Hold for how long: .....  
How often: .....



How many: .....  
Hold for how long: .....  
How often: .....



How many: .....  
Hold for how long: .....  
How often: .....



How many: .....  
Hold for how long: .....  
How often: .....

