

Shoulder problems can present as either painful and/or stiff.

If the shoulder is painful then movements have to be gentle and in a pain free range i.e. it should not hurt. You may need to rest the arm in a sling for a few days but try to combine this with gentle exercises.

Support the arm on a pillow at night, it may be difficult to sleep on that side for a few months.

If the main problem is stiffness then you need to do the exercises little and often into 'strain' but not 'pain'.

Try **5 - 10** repetitions of each exercise **3** times a day.

For very painful conditions only do exercises **1 - 3**, once the pain begins to settle you can progress through the exercises as pain allows. Shoulders can be very slow to heal and often vary from day to day, but over the weeks you should see a gradual improvement. If the pain continues to get worse consult your G.P or physiotherapist.

- 1) Lie on your back with your hands linked together.
Keeping your hands close to your face take the arms up, over the head, or as far as pain allows. As the pain improves you can do it with the arms more outstretched.
- 2) Lie on your back with the hand of the painful side, on your painful shoulder. Slowly take the elbow out to the side, keeping the shoulder down. As the pain improves you can do this with a straight arm.
- 3) In sitting (on an armless chair) or standing, lean slightly forwards and let the arm hang loosely. Gently swing it back and forth, like a pendulum. You can also swing it in gentle circles, gradually getting bigger.
- 4) Stand in front of a wall, about a foot away, slide your hand up the wall using your fingers, try to keep the shoulder down.
- 5) Repeat exercise 1) but in sitting.
- 6) Repeat exercise 2) but in sitting.
- 7) Place a towel in your hands, behind your back. Gently pull the painful arm behind your back, by taking your good arm out to the side.
- 8) Once you can do exercise 7) in comfort, place the towel behind you as if you are drying your back. Gently pull the painful arm up your back, by straightening the good one above your head.

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