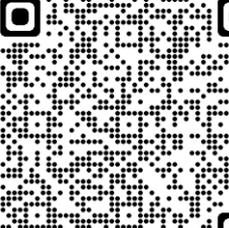
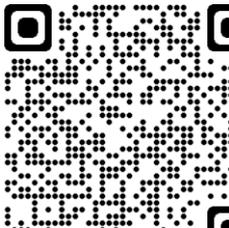


Shoulder general advice

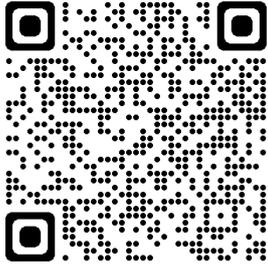
Shoulder pain - NHS (www.nhs.uk)	
Self-help guide: Shoulder pain NHS inform Shoulder problems - Muscle, bone and joint injuries NHS inform	

Sub acromial pain

General initial advice

Exercises for shoulder muscle and joint problems NHS inform	
Shoulder impingement - NHS (www.nhs.uk)	

Exercises

https://bess.ac.uk/subacromial-pain/	
NHS Ayrshire & Arran - Shoulder: Exercises - Weak and Painful Shoulder (MSK) (nhsaaa.net)	

Frozen shoulder

General advice

Frozen shoulder - NHS (www.nhs.uk)	
Frozen shoulder - Illnesses & conditions NHS inform	
<p><u>Exercises:</u></p> Frozen Shoulder – British Elbow & Shoulder Society (bess.ac.uk)	

[NHS Ayrshire & Arran - Shoulder: Exercises - Stiff and Painful Shoulder \(MSK\) \(nhsaaa.net\)](https://www.nhs.uk/health-a-z/shoulder-exercises-stiff-and-painful-shoulder-msk/)

