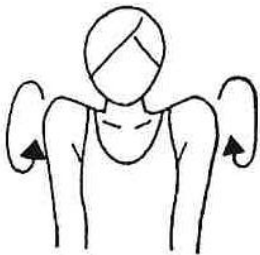


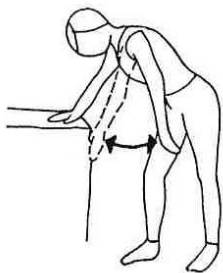


Early Shoulder Exercises



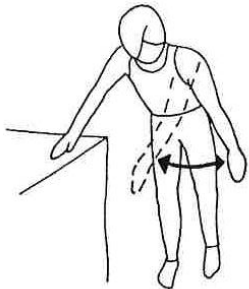
Sit or Stand

Roll your Shoulders in both directions
Repeat 2-3 times a day



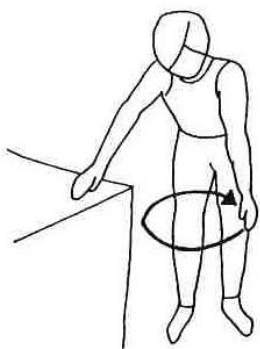
Stand leaning on a table with one hand

Let your other arm hang relaxed straight down.
Gently swing your arm forwards and backwards
Repeat 2-3 times a day



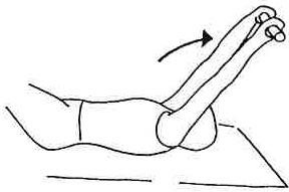
Stand leaning on a table with one hand

Let you other arm hang relaxed straight down.
Gently swing your arm to your left and then to your right.
Repeat 2-3 times a day



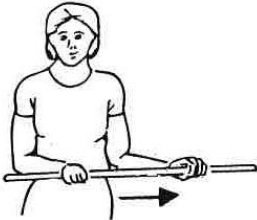
Stand leaning on a table with one hand

Let you other arm hang relaxed straight down.
Gently swing your arm as if drawing a circle on the floor.
Change direction
Repeat 2-3 times a day



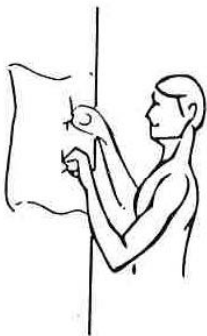
Lying on your back with your knees bent

Hold a stick in both hands with elbows straight
Lift your arms straight up and over your head to the floor.
Hold for approx. 10 seconds (breath normally) – return to the starting position.
Repeat 2-3 times a day



Stand with your back against the wall and elbows bent to 90 degrees

Hold a stick between your hands, and use your good hand to push the other hand away from your body.
Push until you feel a stretch, hold for 30 seconds
Repeat 2-3 times a day



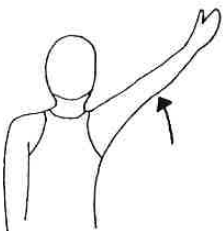
Stand facing the wall with both hands resting on a towel

Squeeze your shoulder blades together and ensure you have good posture
Step in towards the wall and slide the towel up the wall as far as you can go to your threshold of pain (do not allow your shoulders to hitch upwards)
Repeat 2-3 times a day



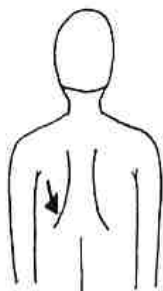
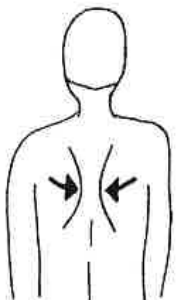
Stand

Bring the arm you are exercising behind your back and stretch towards the opposite buttock.
Repeat 2-3 times a day



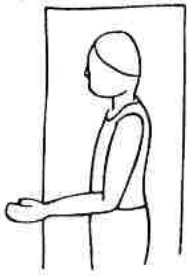
Stand or sit

Lift your arm up sideways with thumb leading the way
Repeat 2- 3 times a day



Assume upright posture with shoulder relaxed

Move one/both shoulder blades down towards the opposite hip
Repeat 2-3 times a day



Stand facing a door frame as shown

Keep your elbow close to your body. Gently push your palm onto the doorframe, your arm should not move.

Hold for 3 seconds

Repeat until tired but not too painful



Stand facing a door frame as shown

Keep your elbow close to your body. Gently push the outer aspect of your hand into the door frame, your arm should not move.

Hold for 3 seconds

Repeat until tired but not too painful

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?*

This can be completed online at <http://surveys.this.nhs.uk> using tag name chftae or by completing the form available within the department.