

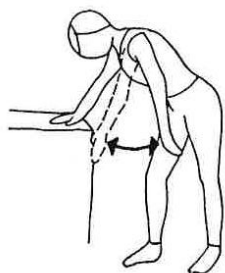


## Early Shoulder Exercises



### 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



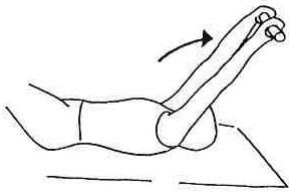
### Stand leaning on a table with one hand

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



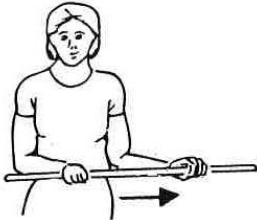
### Stand leaning on a table with one hand

Let your 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



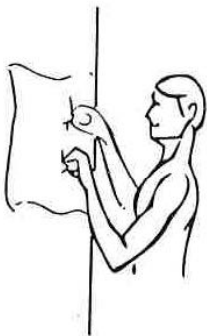
**Lying on your back with your knees bent**

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



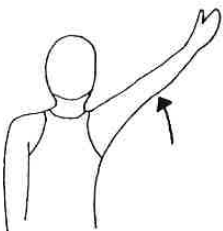
**Stand facing the wall with both hands resting on a towel**

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



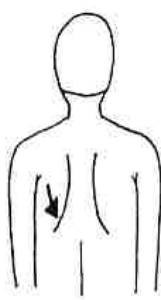
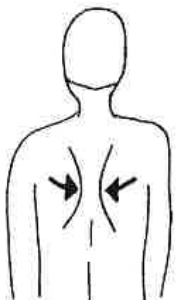
**Stand**

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



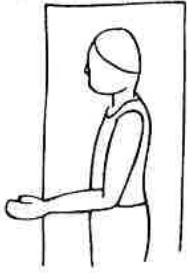
**Stand or sit**

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.

**If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔