



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Shoulder exercises (2 week plan)

Physiotherapy department

Patient information



## What is this information about?

This information is about wrist, elbow and shoulder exercises.

### It tells you:

- What exercises you can do to keep your shoulder mobile while it heals which will help it get better quicker.
- Who to contact if you need further help and support.

## Why have I been given this information?

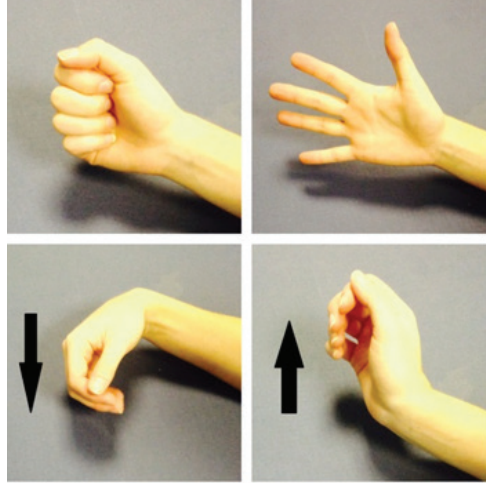
You have been given this information because, if you follow the advice in it, it will help you to move your shoulder to prevent stiffness.

## What exercises I should practice from week 1 to week 2?

- If you have stiffness in your elbow or hand from wearing the sling, you may wish to do wrist and elbow exercises first. Once you can do these easily, you can stop them but continue with the shoulder exercises.
- Aim to do the exercises five times a day. They should not cause you too much pain. Do fewer if they are making your pain worse.

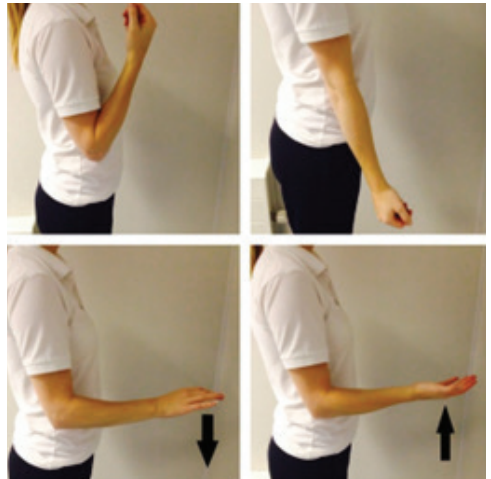
## Hand, wrist and elbow exercises

**Finger and wrist bending and straightening:** open and close your hand as shown **10 times**. Then move your wrist up and down **10 times**.



After around 3 to 5 days progress to holding a soft ball or ball of socks. Squeeze the ball as hard as possible without pain. **Hold for 5 seconds and repeat 10 times**.

**Elbow Bending to Straighten:** bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to help if you need to. **Repeat 10 times** if there is no increase in pain.



**Forearm Rotations:** keep your elbow at your side and bent to 90 degrees. Slowly turn your palm up (supination) and down (pronation). You should not feel more than a mild to moderate stretch. You can use your other arm to help if you need to. **Repeat 10 times** if there is no increase in pain.

## Posture exercise:

Bring your shoulders back and gently squeeze your shoulder blades together. **Hold for 30 seconds. Repeat 5 times.**



## Shoulder pendulum exercises

Stand next to a firm surface. Support yourself with your un-injured arm and lean forwards. Let your injured arm relax and hang down to the ground.

Gently swing your arm, making a small movement. Try to do this forward and backward, side to side and in small circles.



**Aim to do this for 1 to 2 minutes**

**in total.** This exercise can cause some discomfort when you first start to do it. This will usually ease off after you have repeated the exercise a few times.

Swing your arm gently so it does not cause you too much discomfort. Remember keep your arm relaxed.

## What should I do if I am struggling with my sling?

Do contact the Virtual Fracture Clinic. We can give you advice or arrange for your sling to be adjusted or changed if needed.

## When can I start driving?

You can return to driving when:

- You are no longer using your arm sling
- You can turn the steering wheel as much as you need to without it hurting
- You can safely deal with all emergency situations without being in pain or hesitating. For example, you must be able to stop the car quickly and in full control and safely avoid obstacles
- You are covered by your insurance company.

### Be aware

Always try driving in a safe place first.

## How do I contact the Virtual Fracture Clinic?

We aim to respond to messages within 24 hours during these times. At times you may receive a call outside of these hours.

### Worthing

01903 205111 Ext. 86312

### St Richards

01243 788122 Ext. 35503

[uhsussex.vfc@nhs.net](mailto:uhsussex.vfc@nhs.net)

**Working hours:** Monday to Friday 8.30am to 4.30pm.





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This leaflet is intended for patients receiving care  
in St Richard's Hospital and Worthing Hospital.

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