



Patient & Family Guide
2016

Shoulder Exercises



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Shoulder Exercises

Your injury is now healed well enough that you can do the following exercises without worrying about hurting your shoulder again. You may feel discomfort on the side of your arm rather than over your shoulder. This discomfort is normal.

You may have some bruising or swelling in your arm. This will get better with time and the exercises should make that happen sooner. If your arm is quite swollen, lie down with your arm propped up on pillows so it is higher than your chest for 30 minutes, 2-3 times a day. This will help the swelling go down.

Comfort measures

Your shoulder pain may be worse at night. Try sleeping on your non-injured side with 2-3 pillows in front of you. Put your injured arm on the pillows. Remember to put a pillow under your head.



When sitting, try putting 1-2 pillows on your lap and rest the elbow of the injured arm on the pillows.



Exercises

Move your arm/shoulder as far as you can without too much discomfort.

Only do the exercises you have been asked to do. Plan to do your exercises 3 times a day.

Early movement exercises

Stand sideways next to a counter or a table. Rest your good arm on the counter. Lean forward as far as it feels comfortable. Let your injured arm hang down and try to keep your shoulder as relaxed as possible.



Swing it in a **circle**, repeat _____ times.

Swing it **side to side**, repeat _____ times.

Swing it **forward and back**, repeat _____ times.

While standing or sitting

Bend and straighten your elbow as far as possible.

Repeat _____ times.



Move your wrist up and down as far as possible.

Repeat _____ times.



Make a fist and then open your hand as much possible.

Repeat _____ times.



- Squeeze putty or a rubber ball in your weak hand.
- Hold for 5 seconds, then relax.
- Repeat _____ times.



- Sit in a straight-backed chair.
- Turn your head so that you are looking over your shoulder.
- Do not move your shoulder.
- Repeat on the other side.
- Relax. Repeat 10 times.



- Sit in a straight-backed chair.
- Look straight ahead.
- Tilt your ear to your shoulder.
- Do not move your shoulder.
- Repeat on the other side.
- Relax.
- Repeat 10 times.



- Sit in a straight-backed chair.
- Look straight ahead.
- Shrug your shoulders and then lower them slowly.
- Relax. Repeat 10 times.



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Illustrations and images by: Physiotherapy Staff

Designed by: Nova Scotia Health Authority, Central Zone Patient Education Team

Printed by: Dalhousie University Print Centre

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WB85-0935 Updated October 2016

The information in this pamphlet is to be updated every 3 years or as needed.