

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Therapy Services

Shoulder range of motion exercises

If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:
<https://www.youtube.com/watch?v=7POkiYMYuTU>

Pendulum exercise:

- Start by leaning on a stable surface; a kitchen table or work top is ideal.
- Lean forwards supporting yourself through your good arm.
- Stand with your feet apart for better balance and lean forwards.
- Gently allow your affected arm to hang down.
- Like a grandfather clock pendulum, allow your arm to swing freely backwards and forwards and in circles – one way and the other.
- Repeat 10-12 times or as comfort allows.

Passive elevation exercise:

- Lie flat on your back with your neck and head comfortable on pillow(s).
- Use your good hand to hold or support your affected arm.
- Use your good hand to lift your affected arm up and above your head – allow it to go further as comfort allows.

- You may experience some mild ‘stretching’ discomfort as you push your arm further – please be reassured this is normal and usually soon settles when you return your affected arm to the start position.
- Repeat 10-12 times or as comfort allows.

Passive external rotation exercise:

- Start by lying on your back.
- Have a folded-up towel under your affected arm – allow your upper arm/elbow to rest on the towel for optimum support.
- Hold both ends of a stick with your palms facing you, both elbows should be bent at a 90-degree angle.
- Use your good hand to push your affected arm with the stick to turn it outwards to the side.
- Repeat 10-12 times or as comfort allows.

These types of exercises are ‘range of movement exercise’ therefore it is recommended that you do these exercises regularly throughout each day.

Always allow pain to be your guide. It is acceptable and normal for the exercises to cause some mild discomfort, but this should settle down soon after you have completed the exercises.