



Shoulder Injury Advice

Your Health Care Professional has confirmed that you have a shoulder injury.

You will get normal movement back in your shoulder if you do not allow it to stiffen.

Exercises to help you recover

Your doctor or nurse will show you how to do these exercises.

1. Stand beside a firm surface (e.g. table) and lean with hand of uninjured arm on table. Stoop forward as far as possible.

Let your injured arm hang loosely then gently swing it in 3 directions:

- a) Swing it backwards as far as possible



- b) Gently move it out to the side and in again, across the body as far as possible



- c) Gently straighten the arm and draw a circle with the hand, keeping the arm and wrist straight



2. Lie on your back (or sit or stand)

- Hold the affected arm firmly with the other hand

- raise the arm above your head as high as you can



Do this 10 times, 3 times each day.

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