Shoulder exercises

- Remove your sling to do your exercises.
- During the shoulder exercises you must maintain a good posture by drawing your shoulder blades downwards and inwards towards your spine.
- Try and complete the exercises at least three times daily.
- Only move within your limits of pain.

1. Tilt your head toward one shoulder until you feel the stretch on the opposite side.
   Hold for 15–20 seconds and repeat three times.

2. Bend and straighten your elbow whilst keeping your elbow tucked in at your side.
   Repeat ten times.

3. Bend and straighten your wrist whilst keeping your fingers straight throughout.
   Repeat ten times.

4. Turn your forearm, so that your palm faces the ceiling and then the floor.
   Repeat ten times.

5. Press your thumb against the tip of each finger in turn.
   Repeat five times.
6. Make a fist and then fully straighten your fingers.

Repeat 15 times.

7. Stand leaning on a table with your good arm. Let your operated arm hang relaxed straight down, keeping your back straight.

Gently swing your arm forwards and backwards ten times then gently swing your arm inwards and outwards ten times.

Further information
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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.