

6. In a standing position.

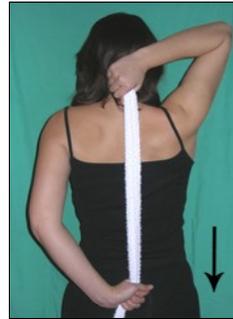
Place the towel behind your back and take hold with your sore arm. Pull upwards with your good arm to bring the sore arm further up behind your back.



Repeat this exercise times, every

7. In a standing position.

Place the towel behind your back and take hold with your good arm. Pull downwards with your good arm to bring the sore arm further behind your head.



Repeat this exercise times, every

If you are struggling with any of the exercises or have any concerns, ring the following number: 0151 430 1237 or you can ask to speak to a physiotherapist when you come back to clinic.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Shoulder exercises

Patient information leaflet

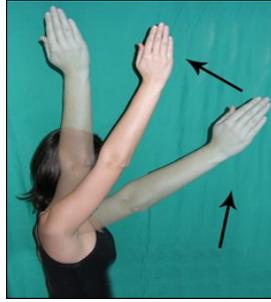
This leaflet can be made available
in alternative languages / formats on request.

如有需要, 本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

1. Standing up or sitting down.

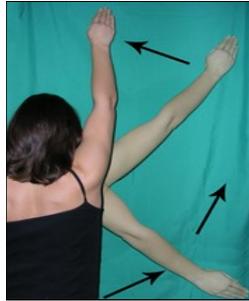
Lift your arm up letting the thumb lead the way.



Repeat this exercise times, every

2. Standing up or sitting down.

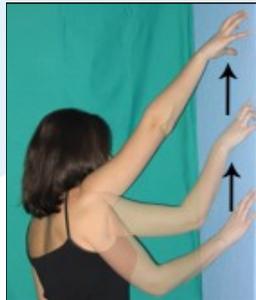
Lift your arm up sideways with the thumb leading the way.



Repeat this exercise times, every

3. Stand facing the wall.

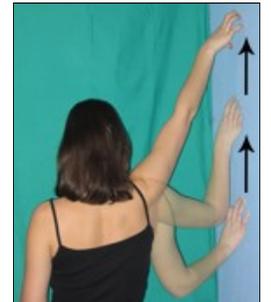
Walk your fingers up the wall reaching as high as possible. Slowly walk your fingers back down again.



Repeat this exercise times, every

4. Stand side on to the wall.

Walk your fingers up the wall reaching as high as possible. Slowly walk your fingers back down again.



Repeat this exercise times, every

5. Standing up or sitting down.

Take your hand up behind your head and then down behind your back.



Repeat this exercise times, every

If you experience any undue pain or discomfort stop the exercises and speak to your therapist.