

If you require further advice  
or are not sure then please  
contact your GP or phone 111



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# Shoulder Pain / Injury

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسويق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Shoulder Pain / Injury

The shoulder is the most mobile joint in the body. The main shoulder joint is a ball-and-socket joint, which allows a very wide range of movement.

Shoulder pain can be caused by injury to any of the soft structures around the joint. It might be part of a general condition such as osteoarthritis. Pain in the shoulder can also be caused by a problem with the neck. The doctor/practitioner you have seen in the Emergency Department will have assessed and advised you about your diagnosis.

Physiotherapy can help you to manage pain and improve the strength and flexibility in your shoulder.

There are some basic exercises in this leaflet you can try.

If your symptoms are not improving after a few weeks you could self-refer for physiotherapy or ask your GP to assess you.

## Pain Killers

- We recommend taking paracetamol regularly 4 times a day and ibuprofen 3 times a day. Please note that ibuprofen should not be taken if you suffer with kidney problems, asthma, stomach ulcers/reflux, heart failure or are pregnant.
- If you are prescribed co-codamol please note the following: it contains paracetamol so do not take other paracetamol based products, it contains codeine that can cause constipation and can impair your ability to drive.

## Exercises



Let your bad arm hang down and swing it gently backwards and forwards.

Stand in a doorway with both arms slightly above your head. Lean forwards into the doorway until you feel a stretch and hold for 10-20 seconds.



Stand and raise your shoulders, then squeeze your shoulder blades together and then relax your shoulders down.

Stand in a doorway with elbow bent and back of hand against doorframe. Push your arm outwards against the doorframe and hold for 5 seconds.



Then on the other side of the doorframe, place your palm against it and push holding for 5 seconds.

