

Simple exercises



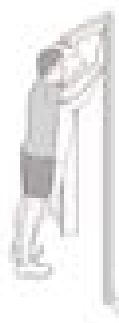
Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times. Try this 2–3 times a day.



Shoulder stretch

Stand and raise your shoulders. Hold for 5 seconds. Squeeze your shoulder blades back and together and hold for 5 seconds. Pull your shoulder blades downward and hold for 5 seconds. Relax and repeat 10 times.



Door lean

Stand in a doorway with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15–30 seconds. Repeat 3 times. This exercise isn't suitable if you have a shoulder impingement.



Door press

a) Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.



b) Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.

Summary

- Most cases of shoulder pain aren't caused by anything serious and will ease within 2 weeks.
- You can take painkillers to ease pain. Taking them before exercise can help you stay active without causing extra pain.
- Using an ice pack, learning how to protect your joints and being aware of your posture will help cases of shoulder pain.
- Try the exercises suggested here to help ease pain and prevent future symptoms.

Shoulder pain

This leaflet provides general information about shoulder pain and simple exercises that may help.



In association with

Shoulder Pain Exercise Guide

Clifford Lane

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