










Early Shoulder Mobility: Pendular & Active-assisted exercises



Advice:

- Begin early shoulder mobilisation as shown below
- Take pain medication as required e.g. 20 mins prior to exercise
- Apply heat e.g. hot water bottle wrapped in a tea-towel over affected area prior to exercise / ice e.g. frozen peas in tea-towel, to affected area after exercise (to reduce swelling & help address pain)
- Begin gentle movement & aim to increase movement as comfortable
- Wean from sling as able – allow your arm to ‘swing’ as you walk
- Avoid holding arm across body. If resting e.g. sitting, vary your arm position often
- Following injury, a degree of discomfort is to be expected. However, it is important to begin moving your arm as soon as possible to a) prevent stiffness & potential complications, such as frozen shoulder b) return to normal function as soon as possible.
- Ensure you have a good diet with Vitamin D and calcium as this can promote bone healing
- Smoking can slow rate of healing, therefore it is recommended if you smoke to stop.
- Ensure your sling is worn correctly to prevent neck pain as shown below. You may find it more comfortable to sleep on your back with a pillow under your injured arm for support. (as shown below)



Exercise:	Picture:	Instruction:
<p>1. Pendulum x 3 'Warm-up'</p>		<p>Relax your affected arm by your side. Shift your body weight</p> <ul style="list-style-type: none"> a) In circles b) Forwards / back c) Side-side <p>Allowing your arm to move as shown in each picture. Gradually increase shoulder range as able. Begin with 15-20 secs & increase as able 45-60secs.</p>
		
<p>2. Table slides</p>		<p>Place a towel on the table in front of you and place your hands shoulder width apart on the towel.</p> <p>Keeping your arms straight, lean forward and push the towel forward until stretch is felt in your shoulder</p> <p>Can be progressed to wall slides: forearms in contact with wall & slide upwards as able</p>
<p>3. Shoulder flexion in supine</p>		<p>Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.</p>

<p>Wand flexion in standing</p>		<p>In the standing position, hold a wand/cane with both arms, palm down on both sides. Raise the wand/cane up allowing your unaffected arm to perform most of the effort. Your affected arm should be partially relaxed.</p>
<p>4. Wand abduction</p>		<p>While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side.</p>
<p>5. Wand External Rotation</p>		<p>Lie on your back holding a cane or wand with both hands.</p> <p>On the affected side, place a small rolled up towel or pillow under your elbow. Maintain elbow at 90 degrees with your arm approximately 30-45 degrees away from your side.</p> <p>Use your other arm to pull the wand/cane to rotate the affected arm back into a stretch. Hold and then return to starting position and then repeat.</p>
<p>6. Wand Extension</p>		<p>In the standing position and holding a wand/cane, use the unaffected arm to help push the affected arm back as shown.</p> <p>The elbow should remain straight the entire time.</p>

<p>7. Wand Internal Rotation</p>		<p>While holding a wand/cane behind your back, slowly pull the wand up as shown.</p> <p>You can also use a towel to 'dry your back' to assist with the movement</p>
<p>8. Pulley Exercises</p> <ul style="list-style-type: none"> - Flexion - Facing Door - Abduction 	 <p style="text-align: center;">Flexion: Forwards / infront</p>	<p>Using door pulleys and facing away from the door, slowly pull down with your unaffected arm so that your affected arm raises forward and up without effort.</p> <p>Your affected arm should be relaxed. The unaffected arm does the work.</p>
	 <p style="text-align: center;">Forward Flexion: Facing Door</p>	 <p style="text-align: center;">Abduction: Out to side</p>

9. Hand Behind Back /
Internal Rotation



Using door pulleys and facing away from the door, slowly pull down with your unaffected arm so that your affected arm raises up behind your back until a stretch is felt.

Your affected arm should be relaxed. The unaffected arm does the work.