

OCATs



Bridgewater
Community Healthcare
NHS Foundation Trust

Musculoskeletal Physiotherapy OCATs

Health Services at Wolves

Shoulder ROM Exercises

Guidance

- You have been provided with these exercises to help improve your Shoulder Symptoms.
- These Exercises are intended to assist with mobility for your Shoulder through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist at OCATS.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist at OCATS.

Shoulder Pendulum Exercise



Lean over with your unaffected arm supported on a table or chair. Relax the arm on the affected side, letting it hang straight down.

Slowly begin to swing the relaxed arm whilst keeping your elbow straight.

Swing your arm in the following directions:

- Forwards and Backwards
- Sideways: Left and Right
- Small Clockwise and Anti-Clockwise Circles
- The Alphabet

Let gravity gently sway your arm. Do not actively lift or move it with your shoulder muscles. Make sure you keep your elbow straight throughout the exercise. This can be a great exercise to do when your shoulder is painful or as a warm up prior to harder exercises.

**Repeat for 1 min each
direction
5 mins in total**

Active Assisted Shoulder Flexion (Forwards)



Stand holding a walking stick / broom or equivalent in both hands. Place your affected side hand on the top of the stick as the picture shows.

Using your unaffected hand to help lift the shoulder upwards in a forwards direction as far as comfortable. if possible try and hold for 5 seconds at the end of the movement.

It is normal to feel mild pain or discomfort during this exercise initially. The pain and movement should gradually improve overtime and with repeated repetitions.

**Repeat for
20 reps x 4 sets**

Active Assisted Shoulder Abduction (Outwards)



**Repeat for
20 reps x 4 sets**

Stand holding a walking stick / broom or equivalent in both hands. Place your affected side hand on the top of the stick as the picture shows.

Using your unaffected side to help lift the shoulder outwards in a sideways direction as far as comfortable, if possible try and hold for 5 seconds at the end of the movement.

It is normal to feel mild pain or discomfort during this exercise initially. The pain and movement should gradually improve overtime.

Active Assisted Shoulder External Rotation (Rotate Outwards)



Stand holding a walking stick / broom or equivalent in both arms with your elbow tucked into your side at a 90 degree right angle.

Place your affected side hand at the end of the stick and your unaffected limb hand approx. $\frac{1}{2}$ way along the stick as the picture shows.

Place a tea towel your elbow and your ribs, and try to squeeze your elbow into your side throughout the movement.

Whilst keeping your elbow tucked in, rotate your wrist/hand outwards as the picture shows, hold for 5 seconds at the end of the movement then return back to the starting position.

**Repeat for
20 reps x 4 sets**

Active Assisted Shoulder Hand Behind Back with Towel



Grip the towel at either end, you can start off with a wide grip but as the exercise gets easier gradually move your hands closer together.

Use your unaffected limb / shoulder to assist in the lifting of the affected limb in an upwards direction towards your head.

Initially try not to push through the pain but going up to the level just before the pain then ease back down to the starting position.

It is normal to feel mild pain or discomfort during this exercise initially. The pain and movement should gradually improve overtime.

**Repeat for
20 reps x 4 sets**

Active Assisted Shoulder Internal Rotation with Towel



Grip the towel at either end, you can start off with a wide grip but as the exercise gets easier gradually bring your hands closer together.

Use your unaffected limb / shoulder to assist in the lifting of the affected limb in diagonal direction towards your unaffected shoulder.

Initially try not to push through the pain but going up to the level just before the pain then ease back down to the starting position.

It is normal to feel mild pain or discomfort during this exercise initially. The pain and movement should gradually improve overtime.

**Repeat for
20 reps x 4 sets**

Table Slides Shoulder Flexion (Forwards) with Towel



Sitting upright in a good posture with your hand resting on a towel on a table with your thumb pointing upwards.

Slowly slide your hands out in a forwards motion as far as comfortable.

Slowly and with control return back to the starting position.

**Repeat for 20 reps
x 4 sets**

Table Slides Shoulder Scaption (Diagonal) with Towel

Sitting upright in a good posture with your hand resting on a towel on a table with your thumb pointing upwards.

Slowly slide your hands out in a diagonal motion as far as comfortable.

Slowly and with control return back to the starting

**Repeat for 20 reps
x 4 sets**



Table Slides Shoulder Abduction (Sideways) with Towel

Sitting upright in a good posture with your hand resting on a towel on a table with your thumb pointing upwards.

Slowly slide your hand out in a sideways motion as far as comfortable.

Slowly and with control return back to the starting position.

**Repeat for 20 reps
x 4 sets**



Wall Slides with Towel or Equivalent Exercise



Stand facing a wall with a towel in your hand, held at shoulder height. Gradually try to slide and move the towel in the following directions on the wall:

- Upwards / Downwards (Can hold at the end)
- Diagonally Left and Right (Can hold at the end)
- Clockwise Circle
- Anti-clockwise Circle
- Draw Alphabet

It is normal to feel mild pain or discomfort during this exercise initially. The pain and movement should gradually improve overtime.

Repeat for 5 mins
Approx. 1 min
each movement

Standing Pec Stretch Against Wall



Straighten your arm with your hand against the inside of the door frame or against a wall.

Try to keep your arm at chest height.

Gently rotate your upper body away from the arm until the stretch can be felt in the chest muscles.

Hold for 30 seconds.

To increase the stretch further try taking a deep breath in through your nose, then as you are exhaling through your mouth try to rotate your trunk further away from the wall increasing the stretch

Hold for a further 30 seconds.

Repeat 5 times x 3 sets

Scarf Stretch



In standing or sitting.

Take one arm over to the opposite shoulder by pushing it at the elbow with your opposing arm adding gentle over pressure.

Hold the stretch approx. 20 secs, then relax.

You can vary the angle you push your elbow at to stretch different parts of your shoulder muscles.

Repeat 5 times x 3 sets

Side Lying Posterior Capsule Sleeper Stretch



Lie directly on your affected shoulder with head well supported by pillows. Slide your arm up to 90 degrees (level with collar bone) and bend your elbow to 90 degrees to make a right angle.

Place the hand of the unaffected side just below wrist of affected side and slowly push the forearm down towards the bed/ floor. Throughout the stretch you must ensure that you remain directly on the shoulder as it is common to roll backwards onto the shoulder blade.

Maintain the stretch for at least 30 seconds and it should be held at an intensity that you find mildly uncomfortable.

During this 30 second period the intensity of the stretch may lessen as the muscles relax, gently take a deep breath in and out then push the forearm down to increase the stretch.

**Repeat for 1 min cycles
5 times
Approx. 5 mins**

Final thoughts

- If you feel unwell or the exercises cause significant pain, please stop and rest. If this continues discuss it with your physiotherapist.
- If you have any questions or concerns about any of the information detailed in this leaflet please contact the department using the following details.



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