

Exercise plan:  
**Osteoarthritis of the shoulder**  
**EASY**

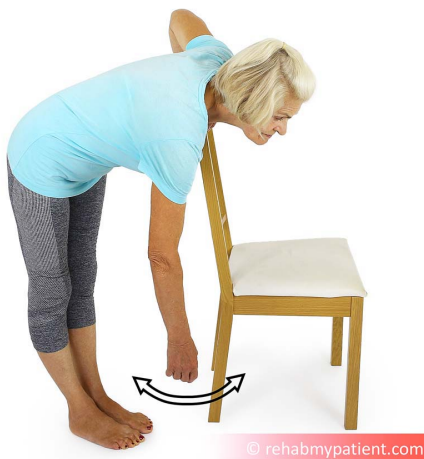
Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**21st Jul 2022**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them, and seek professional advice. If it seems to be one exercise, stop that one and seek professional advice if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### **Pendulum 2**

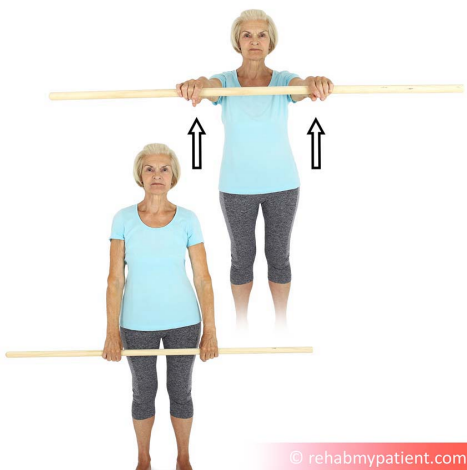
Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently from front to back 12 times, and then side to side 12 times.

Try to let momentum and gravity gently move your arm.

This exercise is a great way to passively mobilise a stiff shoulder.

**Sets: 2-3 daily | Repetitions: 20**

Video: <https://youtu.be/PAsCl6M02RQ>



### **Dowel Rod Flexion Half Lift**

Stand or sit, and hold a dowel rod, stick or golf club in both hands. Slowly and steadily lift the stick up to 90-degrees, arms out in front of you. Stop at the point you feel pain. Bring the dowel rod slowly back down. Repeat as required.

This exercise helps to mobilise a stiff shoulder.

(If you can't find a stick, hold your hands together and raise your arm up as described, with hands clasped together)

**Sets: 2-3 daily | Repetitions: 20 to 30**

Video: <https://youtu.be/sw-WQ0UIWj0>



## Seated Table Slide into Flexion 2

Sit down and rest your hand/forearm on a cloth on a table. Slide your hands forwards as far as feels comfortable, as you lean forwards to stretch the shoulder. This exercise improves flexion in your shoulder.

**Sets: 2-3 daily | Repetitions: 15 to 20**

Video: [https://youtu.be/bFBa\\_60lpfw](https://youtu.be/bFBa_60lpfw)



## Active External Rotation Standing

Tuck your elbow in, keeping it next to your body, and move your arm outwards away from your stomach. This is a mobility exercise for your shoulder.

**Sets: 2-3 daily | Repetitions: 15-20**

Video: <http://youtu.be/dFkD9rK5OaA>