

Exercise plan:
New onset of shoulder pain - EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
30th Dec 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

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

Sets: 2-3 x a day | Repetitions: 10-15

Video: <http://youtu.be/YYvI59eU78M>



Seated Table Slide into Flexion

Sit down and rest your forearms around a towel on a table. Slide your hands forwards as far as feels comfortable as you lean forward. This exercise improves flexion in your shoulder.

Sets: 2-3 x a day | Repetitions: 10-15

Video: <https://youtu.be/v-aEaSYT-74>



Isometric Shoulder Flexion Wall

Stand facing a wall. Decide If you wish to use a bent arm, or a straight arm. It does not really matter which you choose. Push your arm in front of you, into the wall. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

Sets: 2-3 x a day | Repetitions: 5-10 | Time: hold for 5 seconds

Video: <https://youtu.be/WCec1F7KfBI>



Isometric Shoulder External Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm outwards away from your body, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

Sets: 2-3 x a day | Repetitions: 5-10 | Time: hold for 5 seconds

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