

# Shoulder Exercises: Early

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These are exercises advised by your Physiotherapist or Doctor for your shoulder problem. They are intended to be used in the early rehabilitation period. You should do them at least once a day everyday. It is important to do all the exercises. They start with exercises you can undertake lying down and they progress to exercises standing up.

You should start to feel better within 6-12 weeks. A small increase in your pain while exercising that lasts for a short time and settles is okay.

Please also see some helpful supporting video material from the British Elbow & Shoulder Society on YouTube at the following link (or scan the QR code):

<https://bit.ly/shoulder-videos>



## Exercise 1



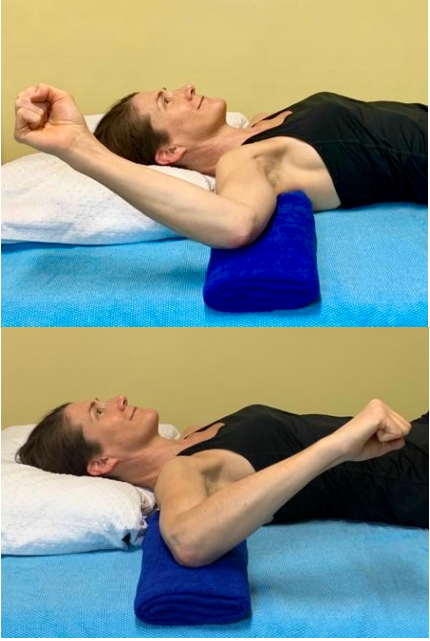

- Lie on your side with painful shoulder uppermost
- Put a double towel under armpit
- Keep your back straight, avoid rolling backwards or forwards.
- Make a fist and lift your forearm from your stomach to the ceiling

### Repetition & Progression

- Progress by holding a small weight or water bottle
- Repeat this exercises up to 10 times or until you feel fatigue



## Exercise 2

<ul style="list-style-type: none"><li>• Lie on your back</li><li>• Have your upper arm supported on a rolled up towel, away from your body (at a right angle if possible)</li><li>• Start with a clenched fist, pointing to ceiling</li></ul>	
<ul style="list-style-type: none"><li>• If you are having difficulty bringing your arm out from the side, you can start with it closer into your body</li></ul>	
<ul style="list-style-type: none"><li>• Rotate your forearm back towards your head and then rotate your forearm down towards your hip, without lifting your shoulder blade off the bed</li><li>• Always aim for control, without your shoulder blade moving</li></ul>	
<p><b>Repetition and Progression</b></p> <ul style="list-style-type: none"><li>• Repeat each level of exercise until you feel fatigue</li><li>• When you are comfortable you can by remove the towel (see arrow) and half your upper arm up a little off the bed</li><li>• You can also add a small weight</li></ul>	

### Exercise 3

- Sit and support your painful arm on a table and make a fist
- Your arm should be slightly away from your body
- Place your other hand onto outside of forearm
- Push your forearm into hand and hold for 10-15 secs without letting any movement occur
- You should apply half the maximum force possible

#### Repetition and Progression

- Repeat this 4-6 times and following a rest, repeat another 4-6 times, or until fatigue.



### Exercise 4

- Stand up and place one foot in front of the other (you can alternate each foot).
- Hold a towel with your hands at shoulder height



- Slide your forearms up the wall
- Stop if you feel any pain

#### Repetition & Progression

- Repeat up to 10 times or until fatigue
- Rest and repeat this exercise another two times



## Exercise 5

- Standing and make gentle fists
- Initially lifting your arm straight up can be painful. To make this easier you can bend your arms at the elbow.



- Lift your arms, reaching up with bent elbows, leading with your thumbs
- Aim to reach overhead, but only go as far as is comfortable
- Bend elbows as arms come back down to starting position



### Repetition & Progression

- Repeat 10 times or until fatigue,
- Rest, and then repeat the exercise another two times

