Active assisted shoulder exercises
Information for patients
These exercises are designed to improve the range of movement in your shoulder joint following injury. They should be performed slowly using a straight stick. Move your arm as far as pain allows.

1. **Shoulder flexion**

   Stand upright, holding the stick in both hands. Stretch your arms forwards then raise them up above your head, keeping the elbows straight.

2. **Shoulder extension**

   Stand upright, holding the stick in both hands behind your back. Move the stick away from your back keeping the elbows straight.
3. **Shoulder abduction**
   Stand upright, holding the stick in both hands. Take your affected arm out to the side and up.

4. **External rotation**
   Stand upright, holding the stick in both hands. Bend your elbows to 90 degrees. Keep your elbows at your side and push the forearm of your affected arm outwards using the stick.

5. **Internal rotation**
   Stand upright, holding a towel in both hands behind your back. Your unaffected arm should be at the top and your affected arm should be at the bottom. Pull your affected arm up your back using the unaffected arm.
How to contact us

Trauma Physiotherapy Outpatients,  
**John Radcliffe Hospital**  
Tel: 01865 221 540

Physiotherapy Department,  
**Horton Hospital**  
Tel: 01295 229 432

Physiotherapy Department,  
**East Oxford Health Centre**  
Tel: 01865 264 970

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

Physiotherapy Department  
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Oxford University Hospitals NHS Trust  
Oxford OX3 9DU  
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