Early shoulder exercises (short lever)

Information for patients
These exercises should be performed 3-4 times a day with your sling removed.

If you experience too much pain or have any other problems with these exercises, please advise your physiotherapist.

1. **Flexion**
   Support your affected arm underneath the elbow with your other hand. Using your unaffected hand, slowly lift your affected arm up and down within the limits of your pain.
   Repeat __ times.

2. **Abduction**
   Support your affected arm as in the exercise above. Lift your affected arm out to the side, away from your body and then return to the middle.
   Repeat __ times.
3. **Lateral rotation**

   Bend your elbow and keep it tucked into your side. Keep your elbow in and gently push your forearm outwards as far as comfortable. Return to starting position.

   Repeat __ times.

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**How to contact us**

Telephone: **01865 221 540**

(Monday to Friday, 8:30am to 4:30pm, with an answerphone for after hours.)
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