

Physiotherapy Department

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.



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**

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