

Exercises for shoulder pain

This handy tear-off section contains exercises that are designed to help ease shoulder pain and strengthen the structures that support your shoulder.

Stretching and strengthening exercises

1

Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in



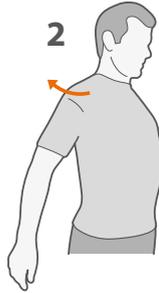
a circular motion. Repeat about 5 times.

! We recommend that you repeat this exercise twice a day.

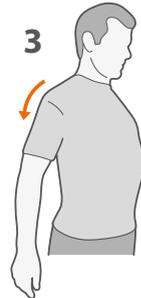
2



1



2



3

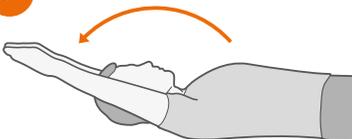
Shoulder stretch

Stand and raise your shoulders. Hold for 5 seconds. Squeeze your shoulder blades back and together and hold for 5 seconds. Pull your shoulder

blades downward and hold for 5 seconds. Relax and repeat 10 times.

! We recommend that you repeat these exercises twice a day.

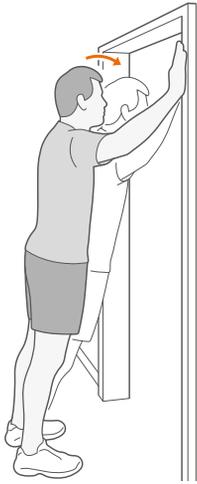
3



Arm stretch

Lie on your back. Raise your arms overhead as far as you can. Hold for 5 seconds and relax. Repeat 10 times.

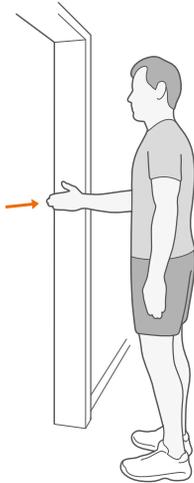
4



Door lean

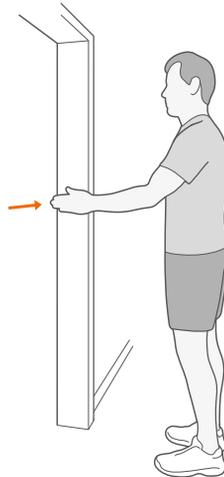
Stand in a doorway with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15–30 seconds. Repeat 3 times.

5



Door press

a) Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.



b) Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame. Hold for 5 seconds.

Do 3 sets of 10 repetitions on each side.

Taking painkillers before you exercise can help you stay active without causing extra pain.

Keeping active with shoulder pain

It's important to keep active, although you should aim for a balance between rest and exercise. It's best to remain generally active and try to get some level of exercise every day. If your pain increases when exercising, stop doing it and seek medical advice.

Remember to keep exercising regularly, even after your shoulder pain has cleared up!