Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Shoulder Exercises Level 2

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

The Patient Information Leaflets page on the Trust website is available on the link: https://www.wwl.nhs.uk/patient-information-leaflets or scan the QR code.

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The WWL Way

Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should do the exercises, then you should consult your GP or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference; they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.

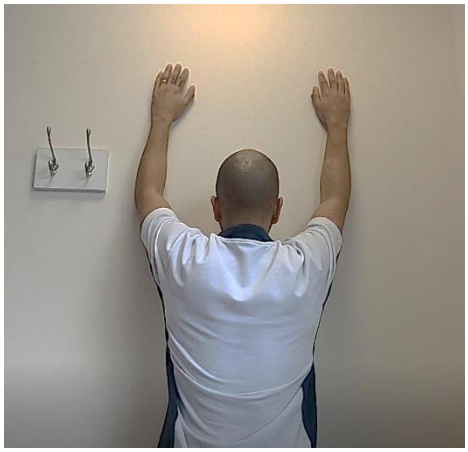
Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner; you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Shoulder Level 2 – Exercises 1 to 9



1. Wall Slide

Stand tall, facing a wall. Forearms against the wall with palms either facing each other or flat against the wall. Activate your trunk and buttocks and maintain neutral spine position throughout the exercise.

Lean towards the wall while sliding your arms upwards to approximately 165 degrees ('Y' position).

Return to the starting position.

Repeat 10 times.
Sets 3.





2. Weighted Pass

Stand and hold some kind of weight in your hand. This can be a dedicated weight such as a dumbbell or kettlebell, or even just a household object that you can easily grip and is safe to use.

Pass the weight between your hands at the front and back, passing it in a circle around your body.

Always keep the handle in the same position to make it easier to pass, especially behind your back.

Repeat 10 times to both sides.
Sets 3.

	**3. Hand Behind Head** Lie on your back with hands behind your neck, and elbows pointing towards the ceiling. Move elbows apart and push down towards the floor. Repeat 10 times. Sets 3.
	**4. Weighted Flexion** Lie on your back. Using a weight in the affected arm (a drinks bottle works very well for this, as the amount of water in it can be adjusted as necessary, plus it is easy to grip). Lift the one arm up and over your head, keeping your arm close to your ear. Control the return movement back to your side. Repeat 10 times. Sets 3.
	**5. Sleeper Stretch.** Lie on your side, with your head supported on a pillow and your arm at 90 degrees in front of your body with the elbow bent. Roll your body slightly back. Using your other hand, push your palm towards the floor so that you can feel a mild stretch in the back of your shoulder. Hold for 10 seconds. Repeat 5 times. Sets 3.



6. Weighted External Rotation

A dumbbell or water/drinks bottle is an ideal weight as it can be filled or emptied with water to adjust the resistance accordingly

Lie on your side.
Bend your elbow to 90 degrees. Hold a weight in your hand.

Lift your hand up. Return to the starting position slowly.

Repeat 10 times.
Sets 3.



7. Weighted Abduction in side lying

Lie on your side, with the top arm resting on your side/hip.

You can use a small weight or a drinks bottle with water in for some resistance if you are able.

Lift your arm to the side and up with the thumb leading the movement.

Lower the arm back to the starting position slowly.

Repeat 10 times.
Sets 3.



8. Upper Cut

Lying on your side with your painful arm uppermost. Your elbow should be bent to 90 degrees; and raise your hand, so it remains horizontal.
Maintain the elbow bend and hand position while flexing the shoulder, bringing your arm through in front of your face.

The forearm should stay parallel to the floor/bed at all times.

Return to the start position and repeat

Repeat 10 times
Sets 3.





9. Forearm Plank

Lie on the floor, support your body weight on your forearms and knees – Top photo

Tighten your stomach muscles and keep your neck and back straight.

Hold each one for as long as you can to a maximum of 30 seconds

Repeat 5 times.

PROGRESSION: if you can, do this on your hands and toes instead of your elbows and knees – as shown in the bottom photo.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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