Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Shoulder Mobility Class

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Shoulder Mobility Class

Patient Information

MSK Outpatients

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Introduction

You have been referred to the Shoulder Mobilising Class as your physiotherapist feels you may benefit from regular, structured exercise sessions in a group environment.

The class is used to assist in regaining range of motion in the stiff shoulder which may be secondary to a ‘frozen shoulder’ or a period of immobility post injury.

Aims

The aims of this class are to help maintain and restore movement and function in the affected arm via supervised exercises. It is an option for patients wishing to avoid ‘invasive’ procedures and is done in an inclusive and supportive environment. We use a short, validated questionnaire pre and post class to evaluate outcomes.

Risks

With most conditions that are seen in physiotherapy, a stiff shoulder may also be painful. Some of the exercises that we do in the class may be sore; we suggest that you pace yourself with these exercises initially. Rarely, you can, feel pain for 2-3 days after the class; typically, there will be an ache for 1-2 hours following the class. This can be managed by your usual pain-relieving medication and any concerns can be discussed with the physiotherapists leading the class.

Benefits

Research shows that performing exercises in a class environment can lead to improved outcomes. It offers social leads to increased function and range of movement. You will receive weekly physiotherapist contact and coaching on exercises. The class itself was based on research to evaluate the effect of exercise in frozen shoulder and was shown to make a positive difference.

What do I need to do?

Please attend wearing loose comfortable clothing. We also ask that you bring any questionnaires that your physiotherapist has given you to complete prior to the class, along with any reading glasses you require.



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