

Passive shoulder exercises

for you to do at home



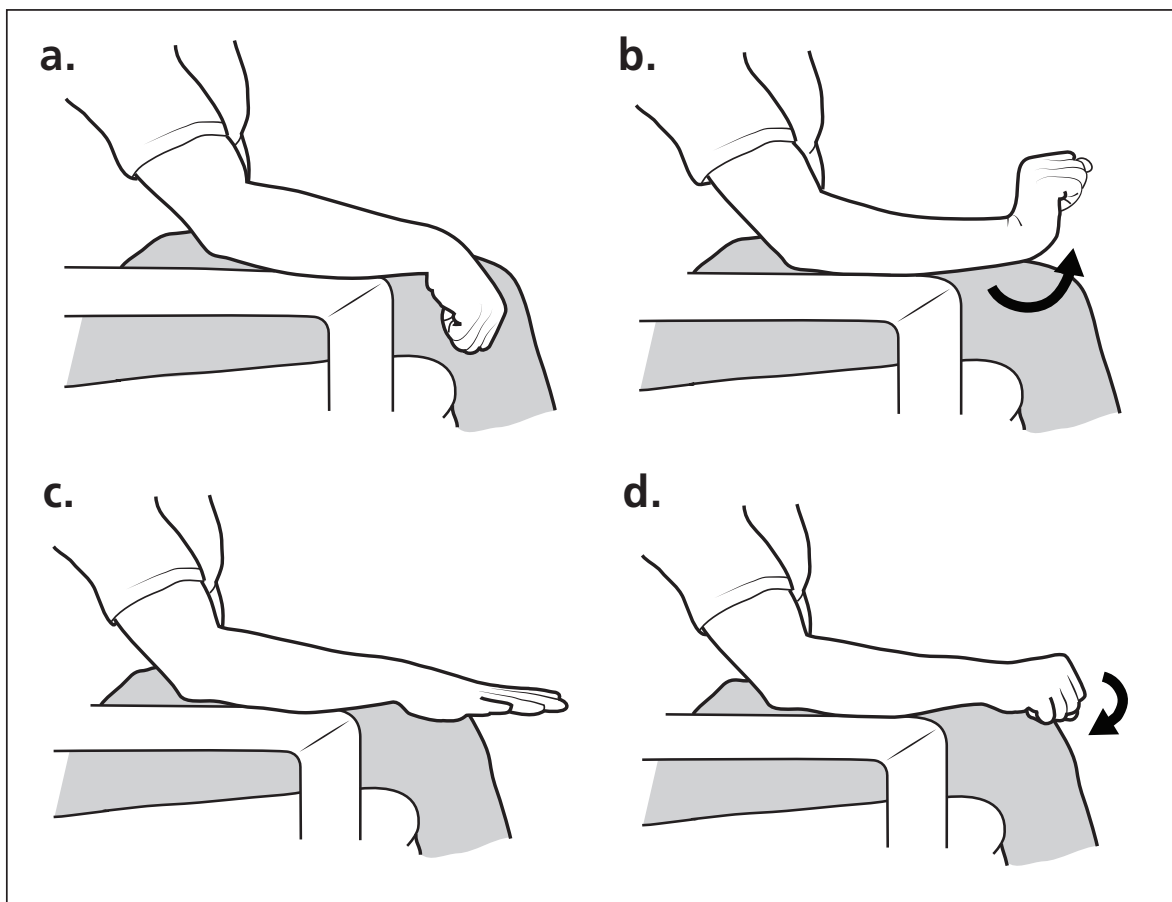
Information for patients MSK Orthopaedic Inpatients (Therapy)

When you go home from hospital following your shoulder operation, you will have either been given an outpatient appointment, or a referral will have been made for you to receive an appointment through the post or by telephone.

Whilst you wait for this appointment, it is very important that you continue with the exercises given to you by the physiotherapist.

As the tissue heals it becomes sticky. To stop the healing tissue sticking to the wrong place you must complete the exercises, avoiding using the muscles in your operated shoulder.

1. Active wrist and fingers exercises



In the sitting position bend your wrist and fingers backwards and forwards through the full movement.

2. Active elbow flexion / extension

Remove your sling.



Sitting in a chair use your un-operated arm to bend and straighten the elbow of your operated arm.

3. Passive shoulder flexion

Start position - lying

Remove your sling.

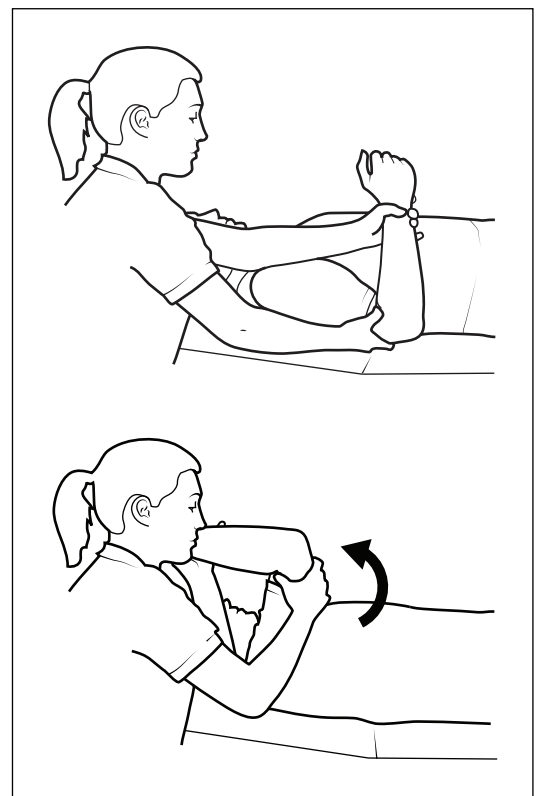
Lie down, completely relaxing your operated arm by your side.

Use another person to support your operated arm and lift it upwards. Your physiotherapist will advise you if there is a limit as to how high your arm should be lifted.

It is important that you keep your arm completely relaxed and don't join in with the movement.

Finish position - lying

Your arm should then be lowered back to the start position.



4. Passive shoulder abduction

Start position - lying

Remove your sling.

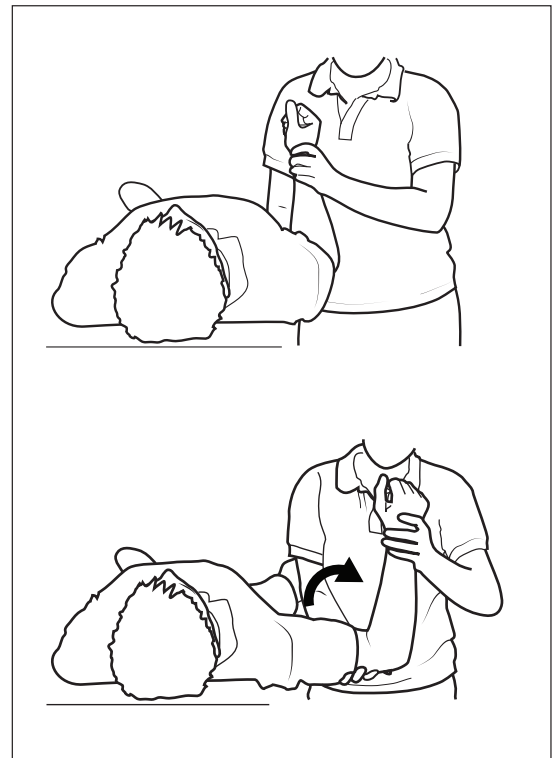
Lie down, completely relaxed with your operated arm by your side.

Use another person to support your operated arm and lift it out to the side. Your physiotherapist will advise you if there is a limit as to how high your arm should be lifted.

It is important you keep your arm completely relaxed and don't join in with the movement.

Finish position - lying

Your arm should then be lowered back to the start position.



5. Passive shoulder lateral rotation

Start position - lying

Remove your sling.

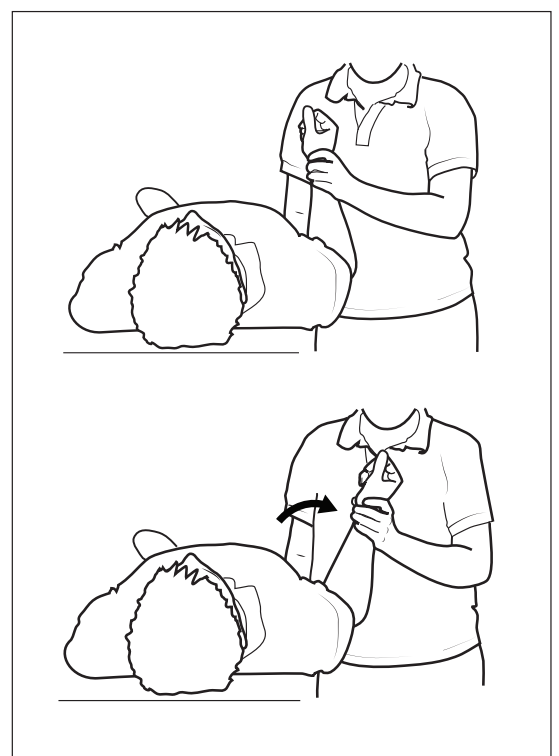
Lie down, completely relaxing your operated arm by your side.

Use another person to support your operated arm. Your elbow should be kept by your side.

The other person turns your forearm away from your body. Your physiotherapist will advise you if there is a limitation to this movement.

Finish position - lying

Your arm should then return back to the start position.



6. Passive shoulder flexion in sitting

Start position - sitting

Remove your sling.

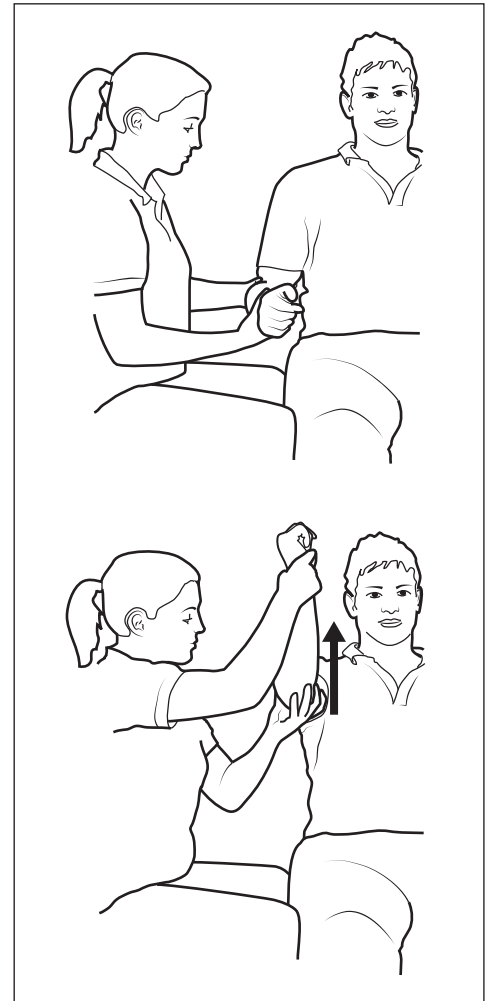
Sit in a chair with your operated arm completely relaxed.

Use another person to support your operated arm and lift it forwards. Your physiotherapist will advise you if there is a limit as to how high your arm should be lifted.

It is important you keep your arm completely relaxed and don't join in with the movement.

Finish position - sitting

Your arm should then be lowered back to the start position.



When you attend your outpatient physiotherapy appointment, your physiotherapist will progress these exercises as appropriate.

If you have any questions before attending this appointment, please feel free to telephone the orthopaedic inpatient physiotherapy department on

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