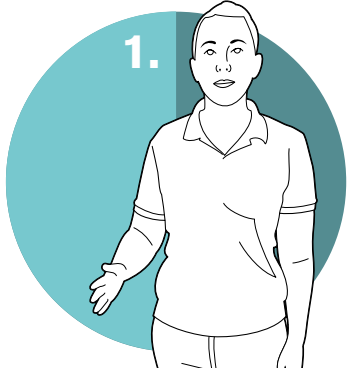


Strengthening Exercises



1. Stand with your upper arm close by your side and with your elbow at a right angle. Place the back of your hand against a wall.

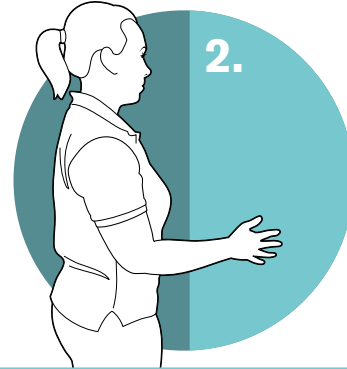
Push the back of your hand against the wall and hold for up to 10 seconds.

Repeat 10 times.

2. Stand with your upper arm close to your side and with your elbow at a right angle. Place the palm of your hand against a wall.

Push the palm of your hand against the wall and hold for up to 10 seconds.

Repeat 10 times.



Things to look out for

If you notice any of the following associated with your shoulder pain, please make an urgent appointment with your GP:

- Sudden loss of shoulder movement following a fall
- A red, swollen and painful shoulder
- Generally feeling unwell (e.g. flu like symptoms)
- Pins and needles or numbness down your arm
- Sudden unexplained weight loss
- A previous history of cancer

Further information

For further information about shoulder pain, please see our advice pages

www.citycarephysio.org.uk

www.nottinghamcitycare.nhs.uk

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Shoulder Pain

Your guide to managing your pain and relieving your symptoms

Shoulder pain is common and most people will experience it at some point in their lives. At times it may prevent you from carrying out your usual day-to-day activities and can make you feel worried and frustrated.

The good news is that most shoulder pain can be managed by you with some simple advice and exercises.



NHS

Why is my shoulder painful?

Shoulder pain can be caused by a number of reasons but in the vast majority of cases it is nothing serious. The three most common shoulder problems are *subacromial pain*; *frozen shoulder* and *osteoarthritis*.

● Subacromial pain

This condition can cause you to have pain around your shoulder and your upper arm. It is normally made worse when you try and lift your arm above your head or when carrying heavy items. Although it can sometimes be caused by a specific injury to the soft tissue structures (e.g tendons or bursae), it is more commonly triggered following a change in your normal daily routine.

● Frozen shoulder

The exact cause of a frozen shoulder is not very well understood but it can occur after an injury. It is also more common in people who have diabetes. If you have a frozen shoulder then you may initially notice your shoulder becomes stiff and painful before you gradually start to lose the movement in it. Although the prognosis is generally good, it can take a few years for your symptoms to completely settle.

● Osteoarthritis

Osteoarthritis in the shoulder usually affects the ball and socket joint (glenohumeral joint) or the joint between your shoulder blade and

collar bone (acromioclavicular joint). The condition involves the gradual loss of cartilage between the bones. Although osteoarthritis doesn't always cause any symptoms, it can sometimes cause the joint to become painful and swollen. Contrary to popular belief, osteoarthritis is not caused by ageing and does not necessarily deteriorate.

If you are unsure why your shoulder is painful or you need further advice then it is best to speak with your GP or a physiotherapist.

What can I do to help?

● Load management

With most shoulder problems it is often useful to manage the amount of lifting you do where possible, and the term 'relative rest' is often used. This means you should try to continue using your arm as much as you feel comfortable doing, but perhaps try to avoid those particular activities which cause a significant increase in your symptoms.

● Exercise

People are often afraid to exercise because they think it will make their shoulder pain worse. Although it can be daunting at first, exercise can help reduce pain and improve your overall health. Try and do exercise that you enjoy which doesn't significantly increase your shoulder pain. That way you're more likely to do it regularly.

It is often worth doing some simple shoulder exercises to help maintain its flexibility and strength (*see below*).

● Medication

Taking pain relief can help you keep active. Discuss with your GP or Pharmacist to find out what you could take to help.

● Lifestyle

Factors such as stress, anxiety, mood, depression, lack of sleep and fitness can all influence how we interpret pain. Smoking is also very detrimental to the improvement of many shoulder problems.

Addressing these can help reduce your symptoms.

Simple Exercises



Pendular Exercise

Stand leaning on a table with one hand. Let your other arm hang down towards the floor. Gently swing your arm forwards and backwards but do not push through any pain.

Repeat 10 times.

Assisted Elevation

Lying on your back with elbows bent. Support your affected arm around your forearm with the opposite hand. Using the opposite hand to assist, lift your arms up and above your head. Hold 5 seconds and then return to the start position.

Repeat 5 times.

