Shoulder & Elbow Centre

Reading Shoulder Unit

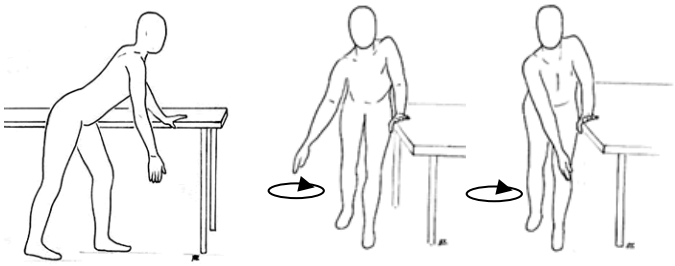


www.readingshoulderunit.com

Stretching exercises for tight shoulder capsule

These exercises should be carried out 3 - 5 times daily until your review with your Consultant, which is usually 4-6 weeks following injection.

Warm up exercise



1. **Pendular exercises:**

   Lean well forward using a table or worktop for support.

   a) Let your arm hang down as relaxed as possible. Swing your arm in a small circle, clockwise then anticlockwise. Repeat x10 in each direction.

   b) Swing your arm forwards and backwards in line with your body, parallel to your feet, not across the body. X 20.

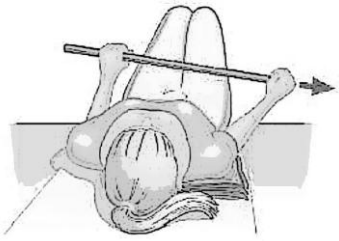
   The addition of a weight 0.5 – 1Kg. helps the quality and comfort of the movement.

   (Fill a plastic milk bottle with water 500ml or 1 litre.)



2. Passive assisted elevation:

Flexion Stretch in lying supine. Lying on your back,
Grasp around your wrist or forearm, and raise the arm overhead as far as possible until you feel resistance. Hold 10 seconds. Then lower.
Pause and repeat exercise X 5 - 10 times.



3. External rotation stretch

Lie down with a folded towel under your upper arm.
Grasp the end of a walking stick in your affected hand as shown.
Keeping the elbow tucked into your side,
push the stick outwards away from the body, hence turning the upper arm.
Stop at pain or resistance, and then hold for 10 – 15 seconds.
Pause and repeat exercise X 5 - 10 times.

4. 'Siesta' stretches Hands behind head stretch
(when able to do exercise 3):

Lying on your back, place your hands behind your head and gently stretch the elbows downward towards the floor. You may push the elbow down with the other hand.
Hold for 10 seconds and relax. Repeat 10 times.

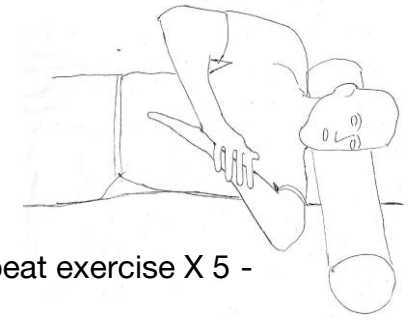
Another way:

Interlock your fingers together on your chest, and lift both hands and place behind your head. Then drop your elbows outwards as shown.
(You should feel a pull in the front of your shoulders.)
Hold 10 – 15 seconds. Repeat exercise X 10 times.

5. Posterior stretch for tight posterior capsule:

a) The Sleeper Stretch

Lie on the affected side with your upper arm and your elbow both at 90°. With your other hand GENTLY push downwards on the back of the wrist as shown.



Hold for 10 – 15 seconds. Relax back to start position, Pause and repeat exercise X 5 - 10 times.

b) Posterior stretch in standing:

Take your affected arm across your body to rest the hand on the opposite shoulder. Grasp the elbow with your good hand, gently pushing the elbow back and keep pressure on as you pull the elbow and arm across your chest until you feel a stretch. Hold 10 - 15 seconds. Pause and repeat exercise X 5 - 10 times.



6. Towel behind the back:

Drop a small towel over your unaffected shoulder and grasp the end with your other hand. Gently pull your hand up your back. Hold for 10 seconds and relax.

Repeat 10 times.

Avoid increased pain when stretching, but expect some discomfort.

The exercises should be repeated 3 – 5 times daily until your Consultant / Shoulder Fellow review, which is usually after 4 - 6 weeks.

If you experience an increase in pain while doing the exercises, reduce the number of repetitions and/or the range of movement.

The above stretching exercises should ideally be taught to you by a physiotherapist, as not all may be suitable.

Also manual therapy, shoulder management advice, and painless rotator cuff exercises, in addition to these exercises may be beneficial.

The exercises are often prescribed following injection into the bursa, but 1:1 with a physiotherapist is even better.

Reading Shoulder Unit
www.readingshoulderunit.com

Appointments:

Private:

Professor Ofer Levy, MD MCh(Orth) FRCS

Practice Manager: Cherie Emmitt
Telephone: 07367 582777

e-mail: bm@readingshoulderunit.com

NHS:

Reading Shoulder Unit
NHS Choose & Book -

The Berkshire Independent Hospital
Swallows Croft, Wensley Road,
Reading, RG1 6UZ

Secretary: Helen Henly
Telephone: 0118 902 8109

e-mail: Helen.Henly@ramsayhealth.co.uk

Reading Shoulder Unit
NHS Choose & Book -

Spire Dunedin Hospital
16 Bath Road,
Reading, RG1 6UZ

Secretary: Karen Dawson
Telephone: 0118 955 3496

email: karen.dawson2@spirehealthcare.com

For patient testimonials see website:

http://www.readingshoulderunit.com/patient-informaion/feedback

Industry Relationships

Reading Shoulder Unit surgeons and scientists may collaborate with the pharmaceutical or medical device industries to help develop medical breakthroughs or provide medical expertise or education. Reading Shoulder Unit strives to make scientific advances that will benefit patient care and support outside relationships that promise public benefit. In order for the discoveries of Reading Shoulder Unit surgeons' and scientists' laboratories and investigations to benefit the public, these discoveries must be commercialised in partnership with industry. As experts in their fields, Reading Shoulder Unit surgeons and scientists are often sought after by industry to consult, provide expertise and education. To assure professional and commercial integrity in such matters, Reading Shoulder Unit maintains a program that reviews these collaborations and, when appropriate, puts measures in place to minimise bias that may result from ties to industry. In publicly disclosing this information, the Reading Shoulder Unit tries to provide information as accurately as possible about its surgeons' and scientists' connections with industry.

Professor Levy has a professional relationship with the company that makes the Verso prosthesis. He helped design it and acts as their Chief Medical Advisor and Company Secretary. However, he does not receive any money, royalties, or financial rewards when this device is used. He holds shares in the manufacturing company in lieu of granting the patent. He is telling you this so you have full transparency.

He and his team believe that the treatment offered is the best for your specific medical needs, but you are completely free to ask for an alternative or a second opinion

does not receive any money, royalties, or financial rewards when this device is used. He holds shares in the manufacturing company in lieu of granting the patent. He is telling you this so you have full transparency.
He and his team believe that the treatment offered is the best for your specific medical needs, but you are completely free to ask for an alternative or a second opinion