

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: Pals@swft.nhs.uk or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

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Approved by
SWFT Patient
Information
Group



South Warwickshire
NHS Foundation Trust

PHYSIOTHERAPY SERVICE

Advice for Patients following Shoulder Injuries

**If you are unable to attend your appointment please
telephone 01926 600818 to cancel your appointment**

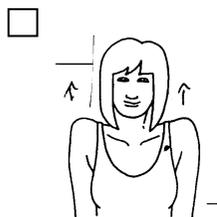
Introduction

This leaflet contains information and exercises to help promote quicker healing and assist your return to normal activities.

To protect your shoulder from further problems you may need to rest from normal activities, or in some cases use a sling for a short period of time. If you use a sling it should be removed regularly to carry out the following exercises.

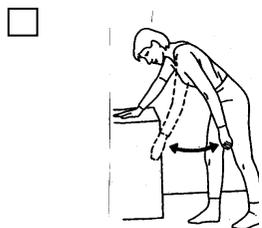
Exercises

It is important to regain movement in your shoulder as soon as possible to reduce the risk of developing a frozen shoulder. If you do not move the arm it may become stiff and painful. The following exercises should become easier with repetition. Start as soon as possible after the injury and aim to exercise three times daily.



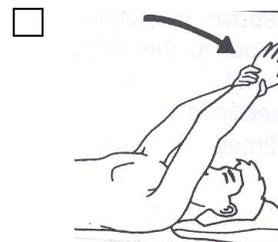
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Lift your shoulders then relax. Roll your shoulders backwards, relax. Repeat 10 times.



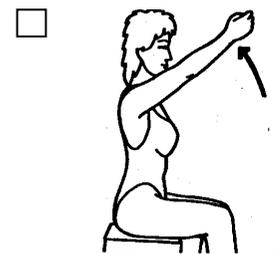
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Lean forward on a table. Swing your arm forwards, backwards and to the left and right. Try 10 repetitions.



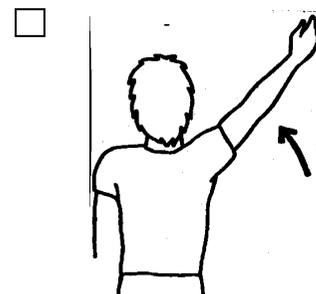
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Lie on your back. Relax the affected arm and use your good arm to lift the affected shoulder above your head. Repeat 10 times.



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Sit or stand. Lift your arm as high as possible letting your thumb lead the way. Repeat 10 times.



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Sit or stand. Lift your arm sideways letting your thumb lead the way. Repeat 10 times.

Further information

If you require any further information after reading this leaflet, please contact the Physiotherapy Department:

Tel: 01926 600818