

Hand therapy department

Shoulder exercises

Information for patients, relatives and carers

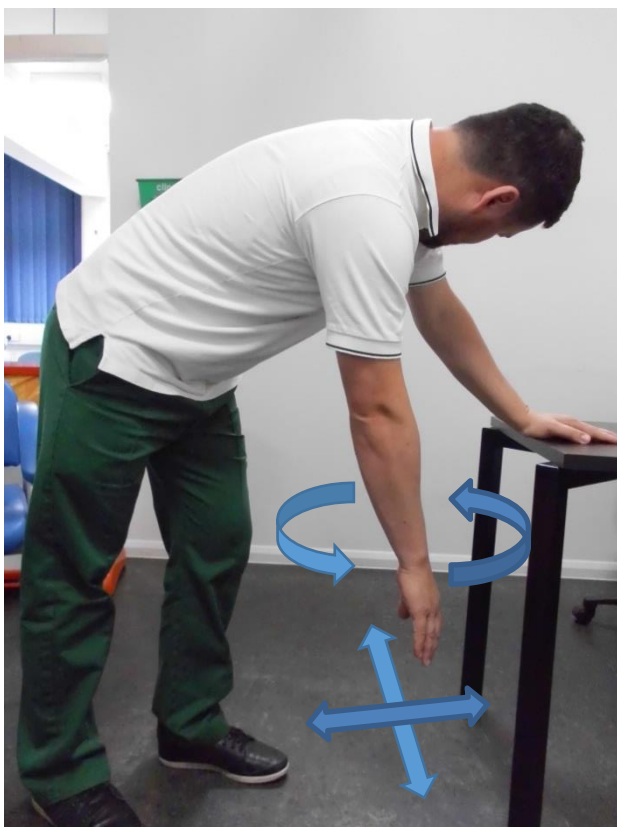
Information sheet

These exercises will help you restore and maintain the movement in your shoulder.

Number of times to repeat:

Number of times to perform each day:

Pendulum exercise



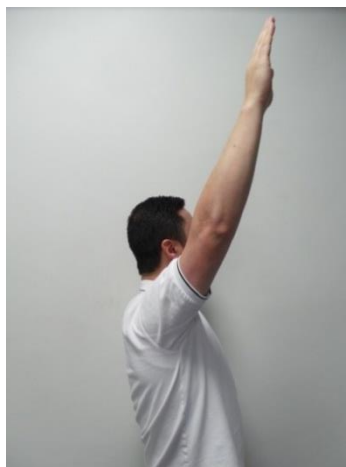
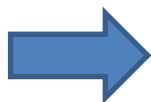
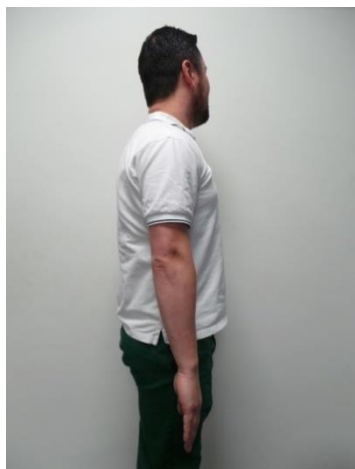
Stand leaning on a table with one hand. Let your other arm hang relaxed straight down

Swing your arm as if drawing a circle on the floor. Change direction

Swing your arm forwards and backwards

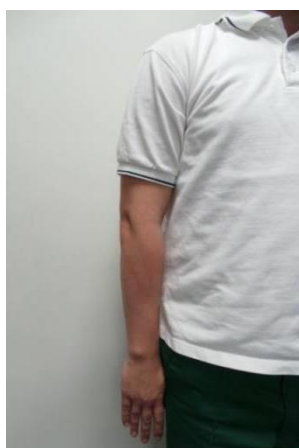
Swing your arm from side to side

Active shoulder raising forwards



Raise your arm forward and upwards in front of you

Active shoulder lifting outwards and inwards



Lift your arm out to the side and up above your head, with your thumb facing upwards, then lower your arm back down to your side

Active shoulder rotation inwards and outwards



Place your hand behind your back



Place your hand behind your head

Useful contact details:

To reschedule an appointment:

- 1) Phone: 020 3311 0333
Option 1: If your appointment is on the same day.
Option 2: If your appointment is another date in the future.
- 2) Email: appointments@imperial.nhs.uk

To contact a therapist: imperial.handtherapyimperial@nhs.net.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk