

Physiotherapy exercises for your shoulder

What should I expect after my fracture?

- You will be restricted in your shoulder movement.
- You will need to rehabilitate your shoulder – your physio will show you what exercises you can do.
- You may be in a sling for up to 6 weeks.
- You may need to take pain relief.
- You will need to come to outpatient appointments.

Wearing a sling

How do I use a sling?

We will show you how to wear your sling. Your sling should be on at all times except for showering and dressing.

How do I wash my armpit?

Lean forward and let your arm hang to get into the armpit. Don't lift the arm up.

How do I get dressed?

To put on a top, take your arm out of the sling. Slide your operated arm into the sleeve first, then your other arm, and then put the sling back on.

It is easiest to wear button up shirts.

How do I sleep with a sling?

You can sleep on your back or on your non-operated arm. You can support your operated arm with a pillow.

What exercises should I do?

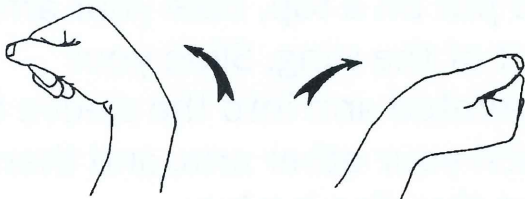
Only do the exercises shown to you by your physio.

Do not expect your exercises to be comfortable, but do not push into pain. Try to do the exercises three times a day.

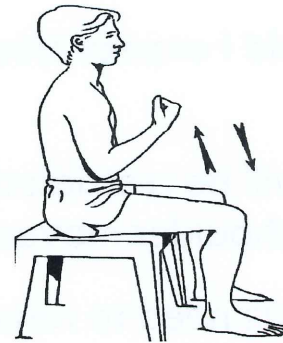
Please see the next page for exercises.

Stage one exercises

- Bend your wrist forwards and back 20 times



- Bend and straighten your elbow 20 times



- Pendular exercises



Lean forward and allow your arm to swing 10 times in each direction:

- Forward and backward
- Side to side
- Clockwise/Anticlockwise circles

- Postural exercise

