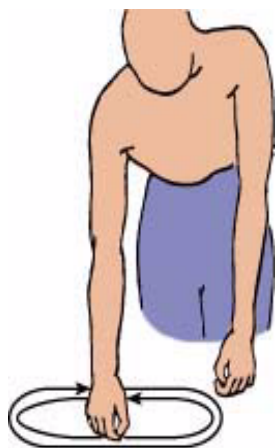


# Exercises for your shoulder

A tender, restricted shoulder is caused by inflammation of the tendons and muscles controlling the shoulder or of the main joint. It recovers spontaneously but slowly. The pain subsides, leaving the joint stiff, but it will resolve gradually with use of the limb. These exercises are designed to help recovery.

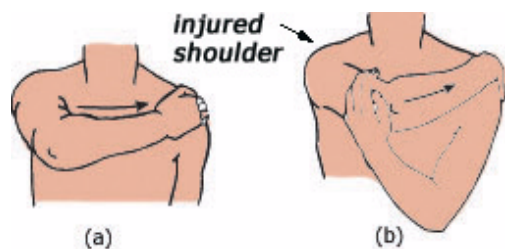
## Exercise 1: Straight-arm rotation

Bend forwards and sideways. Let your arms hang down from your shoulders. Make circular movements clockwise and anticlockwise.



## Exercise 2: Shoulder stretch

With the tips of your fingers touching your body, bring the hand of the affected arm across your chest until it reaches the opposite shoulder (a). With the other hand, gently press the elbow of the arm towards the shoulder (b).



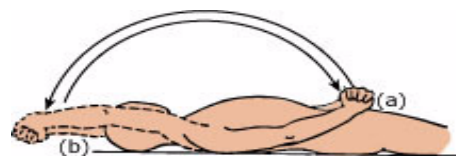
## Exercise 3: Shoulder winging

Lock your hands behind your head and brace back the elbows. You can do this while standing or lying on your back.



## Exercise 4: Coupled armswing

Lie on your back and intertwine your fingers across the front of your body (a). Lift the affected arm with the 'good' arm to bring the hands up and over your head (b). Return the arms to the starting position (a), again carrying the weight of the affected arm with the other hand.



## Exercise 5: Towel exercise

When the shoulder is recovering, the following exercise should be done. Put a towel over the normal shoulder and grasp the front end with the normal hand. Place the affected arm up the small of your back and grasp the other end of the towel with it. Make a seesaw movement as if drying your back.

