



Shoulder Fracture Information

Department of Orthopaedic Surgery
Glasgow Royal Infirmary & Stobhill Ambulatory Care Hospital

You have injured your shoulder. It is important to undertake exercise to help with your recovery. For the first few weeks you may need to take some simple painkillers. If you find that these are not controlling your pain, you may wish to speak to your GP or pharmacist as sometimes stronger painkillers are required.

This information is to help with the exercises, especially if you are unable to see a physiotherapist.

You have injured your:

Proximal Humerus (around the shoulder ball and socket joint)	
Clavicle (collar bone)	
Acromioclavicular [AC] Joint (end of your collar bone)	
Shoulder joint dislocation	
Other	

Sling

You have been given a sling for your injury. This is to rest and protect your arm and help reduce pain. After the following period you can remove the sling. It might be helpful for you to reduce the use of it over a period of a few days. It is important to regularly move your elbow, wrist and fingers.

2 weeks from your injury	
3 weeks from your injury	
4 weeks from your injury	

Rehabilitation

Exercise and movement is an important part of recovery from your injury. Please follow the attached exercises. They are split into two different types:

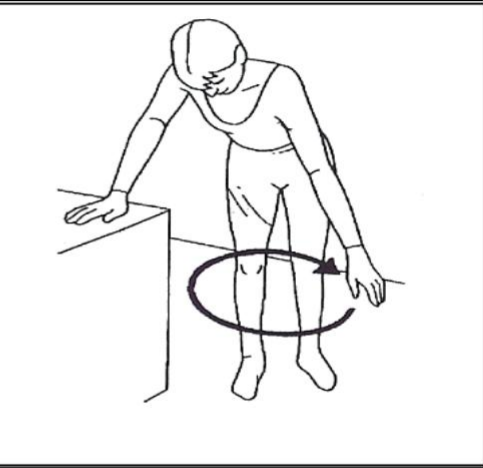
- Early (Page 2)
- Later (Page 4 onwards)

You should start Early Exercises at	_____	Weeks from Injury
You should progress to Later Exercises at	_____	Weeks from Injury


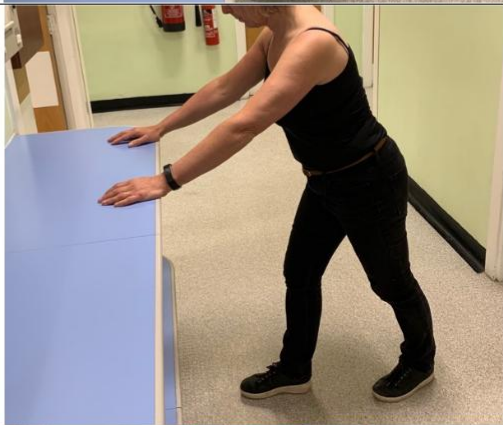

If you experience any problems, or a significant and sustained increase in your pain, please get in touch with the Fracture Clinic on **0141 211 5034**

Early Shoulder Exercises

Exercise 1

<ul style="list-style-type: none">• Lean over and let your arm hang and swing forwards and back• Repeat 20 times, or until fatigue	
<ul style="list-style-type: none">• Lean over and let your arm hang and swing it from side to side• Repeat 20 times, or until fatigue	
<ul style="list-style-type: none">• Lean forward and let your arm hand and swing in a circle.• Repeat 20 times, or until fatigue	
<p>Repetition and Progression</p> <ul style="list-style-type: none">• Repeat the whole series 4 times per day	

Exercise Two

<ul style="list-style-type: none">• Stand up straight and place your hands palm down on a surface at waist height	
<ul style="list-style-type: none">• Gradually step backwards, keeping your arms straight	
<ul style="list-style-type: none">• You should feel a mild stretch. Do not push further if it painful• You can then gradually step back towards the table again to come back to the starting position	
<p>Repetition and Progression</p> <p>Repeat this exercise 10 times, 4 times per day</p>	

Later Exercises

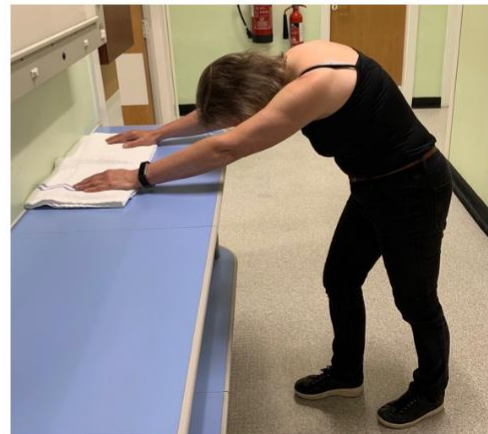
This type of exercises is primarily used to regain range of movement in your shoulder. These exercises are often used after surgery or injury.

Exercise One

- Stand up straight and place your hands palm down on a surface at waist height



- Stand up straight and place your hands palm down on a towel, on a surface, at waist height
- Gradually reach forward, sliding the towel away from you, and then back towards you.



Repetition and Progression

Repeat this exercise 10 times, 4 times per day

Exercise Two

- Lie on your back. With your other hand, gradually support your injured arm



- Gradually lift it up in the air





- As time passes you will be able to lift it higher over your head, close to your ear
- Gradually return to the starting position

Repetition and Progression


- Repeat this exercise 10 times, 4 times per day



Exercise Three

<ul style="list-style-type: none">• Support your injured arm on a table at your side. Place a towel underneath. Keep your elbow close at your side.• Use a stick or a broom and hold it in both hands.	
<ul style="list-style-type: none">• Gradually rotate your injured shoulder outwards, using the stick to assist the movement. <p>Repetition and Progression</p> <p>Repeat this exercise 10 times, 4 times per day</p>	

Exercise Four

<ul style="list-style-type: none">• Stand facing a wall. Use both hands to support a towel. You will use your other arm to assist this movement.	
<ul style="list-style-type: none">• Gradually lift both arms up in the air, as high as you can go.• Gently return to the starting position. <p>Repetition and Progression</p> <p>Repeat this exercise 10 times, 4 times per day</p>	