



PATIENT INFORMATION

SHOULDER AND NECK RELAXATION EXERCISES



Speech and Language Therapy

Shoulder and Neck Relaxation Exercises

These can be used at intervals throughout the day to alleviate muscular tension.

Shoulders

- a) Stand with your feet about 12 inches (30cm) apart. Stretch your trunk upwards as far as possible. Now shift your weight to your right foot and stretch your right hand upwards to the right and combine this stretching with a huge yawn. Imagine you are trying to touch the ceiling several times. Now shift the weight to your left foot and repeat the exercise with the left-hand side. Alternate several times between stretching to the right and to the left.
- b) Stand with your feet apart, as before. Raise your shoulders as high as possible and maintain the tension for 5 to 10 seconds.
Relax quickly.
Repeat this 10 times.
- c) Stand with your feet apart, as before.
 - a. Move your right shoulder in a wide circle, forwards – upwards – backwards – down. Repeat this 5 times.
 - b. Move your left shoulder in a wide circle, forwards – upwards – backwards – down. Repeat 5 times.
 - c. Stand still and shake both arms loosely.

Neck

- a) Stand with your feet apart, as before.
- b) Let the head fall forwards by its own weight and the chin drop to the chest. Then pull the chin upwards slowly until the head is in a normal vertical position.
Repeat this exercise 10 times.
- c) Keep your head upright. Then relax and let the head fall to the left, feeling the right side of the neck being stretched. Raise your head again. Do the same, this time letting your head fall to the right side. Repeat exercise 5 times.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.