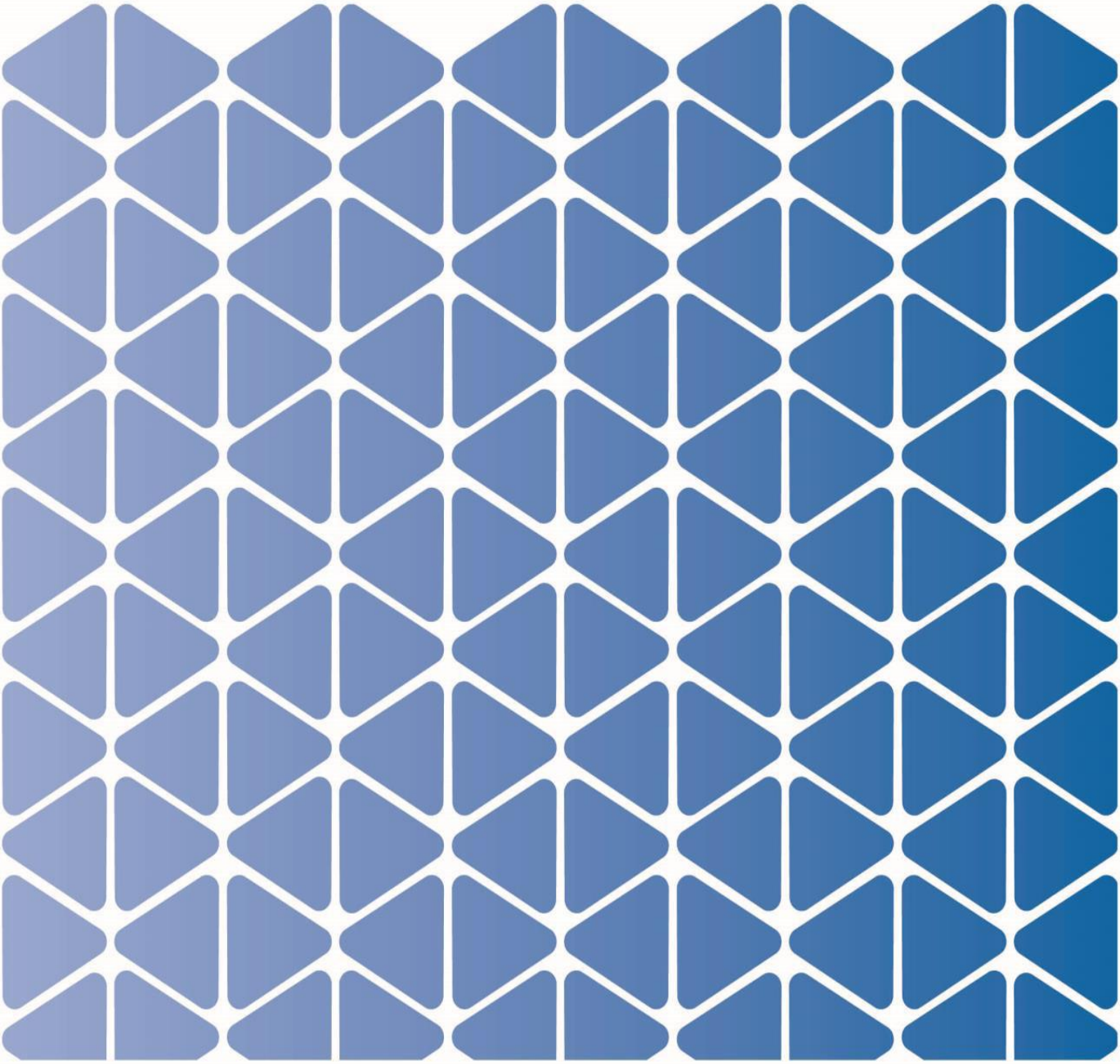
PATIENT INFORMATION

Worcestershire Acute Hospitals NHS Trust

SHOULDER INJURY



This leaflet will provide you with the information required to begin your rehabilitation following your shoulder injury.

Pain

Pain is very normal at this stage and it is important to manage this so you can complete your exercises as well as feel comfortable during the day and when sleeping.

Ensure you are taking the pain medication as prescribed by your Consultant.

Supporting the Arm

You may be provided with a sling or a collar and cuff to wear. This may be for a certain length of time, as decided by your Consultant to help with tissue healing, or it may be to help you with comfort.

If it is for a specified length of time, ensure you follow this. Remove the sling as instructed by your physiotherapist to complete your daily exercises for the hand, wrist and elbow.

If you have been advised to wear the sling for comfort, you should begin to wean off it as your comfort allows. If you are sitting, you may take the sling off and support the arm on a pillow.

If you are unsure how long you should be wearing your sling for, please contact your physiotherapist.

Sleeping Comfortably

When you've injured your shoulder, sometimes it can be difficult to find a comfortable sleeping position.

When sleeping on your back, try sleeping with a small pillow under the arm, so you keep it supported and off the bed.

Sleep on the opposite side to the injured shoulder, hugging a pillow with the arm supported on the pillow.



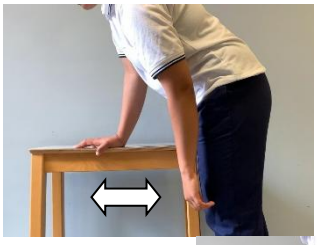
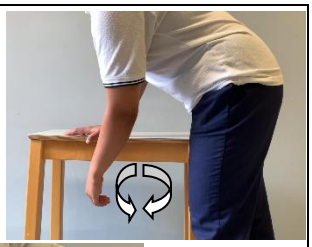
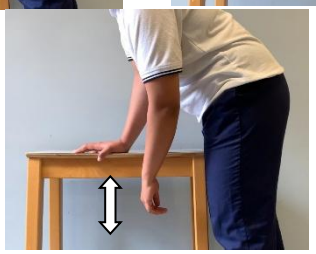


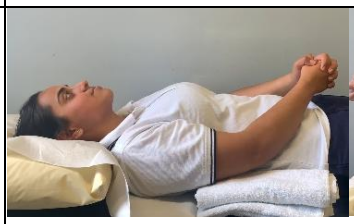
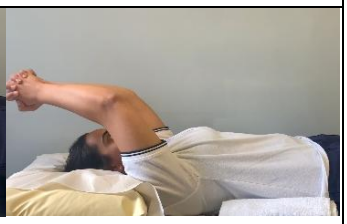
Exercise

The exercises on the next page aim to reduce joint stiffness and begin to increase your range of movement. These exercises should be completed within a relatively pain free range and you should avoid pushing past the point of pain.

You can also keep active by completing lower limb and core strengthening exercises which do not use your upper limbs. This will help keep you strong and also help keep the muscles in your shoulders activated.

Your physiotherapist will highlight which exercises you should be completing and they will fill in below how often you should be completing them for.

☐ **Pendular** Lean over with your good arm supported on a table or chair. Relax the arm on the painful side, letting it hang straight down. Slowly start to swing the relaxed arm by moving your body. Move it in a circle, then reverse the direction. Next, move the arm backward and forward. Lastly, move it side to side. Let gravity gently sway your arm. Do not actively lift or move it with your shoulder muscles. If you find this hard, place your hand on a table and complete the same movement but with your hand supported.	  
☐ **Elbow flexion and extension** Keep elbow tucked in to side. Bend elbow and bring hand towards shoulder. Straighten elbow out all the way.	 
☐ **Shoulder shrugs** Shrug your shoulders so you are bringing your shoulder up to your ear, then relax down.	 
☐ **Assisted shoulder flexion** Support your affected arm with your other arm. Use your other arm to lift up affected arm in front of you, within a comfortable range.	 

☐ **Assisted shoulder abduction** Support your affected arm with your other arm. Use your other arm to lift up affected arm out to side, within a comfortable range.	 
☐ **Table slides** Place arm on a table with a towel underneath to slide on. Slide arm forward within a comfortable range, keeping arm flat on the surface. Slide back. You may use your other hand to help you if this is too difficult.	 
☐ **Lying shoulder flexion** Lie comfortably with a small towel underneath your upper arm. Clasp your hands together and use your non affected arm to lift up your affected arm up as far as comfortable. Slowly lower back down. Join in with your affected arm as you feel able.	 

How Often To Complete the Exercises

Feedback for Inpatient Therapies

Please scan the QR code or follow the link below:

If you have been seen by a Physiotherapist or Occupational Therapist during your admission, please leave us some feedback by scanning the QR code or following the link and filling in the short survey.



https://apps.worcsacute.nhs.uk/PublicSurvey/AHPFeedback

Ward admitted to:_____

Therapy team who treated you: _____

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.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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