



## Information for patients, relatives and carers

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### General Shoulder Mobility Exercises

- Lying flat on your back near enough to the edge of the bed for your affect arm to overhang. Place your fingers of the affected arm on to the shoulder by bending your elbow. Start with your elbow by your side.
  - Take your elbow out to the side as far as it will go, and then return to your side.
  - Press the elbow down as far as it will go, and then return to your side.
  - Raise the elbow into the air as high as it will go, and then return to your side.
  - Combine all of the above by circling the point of the elbow clockwise and anticlockwise.
  - Hands clasped, resting on your abdomen, raise arms above your head and lower.
- Repeat the above exercises sitting upright in a straight chair.
- Standing facing a wall, approximately 18 inches away, crawl fingers up the wall as far as you can.
- On standing place opposite hand on your affected sides knee. Step slightly forward with this leg so that you are leaning forward with your injured shoulder hanging down in front of you. Swing this arm in a relaxed pendulum movement.
- A pulley can be made with a skipping rope hooked over a secure hook e.g. on the back of a door. Sit facing the door holding the handles of the skipping rope and rhythmically pull on one side then the other to exercise the shoulders.

Each exercise should be repeated 5-10 times, 2-3 times every day.

**Movements should be taken to the point of discomfort. Do not exercise into the pain.**

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online:  
<https://111.nhs.uk/>                      [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

**Patient Advice and Liaison Service (PALS):** We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net). An answer phone is available out of hours.

**Leaflets in alternative languages or formats:** If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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