

Virtual Fracture Clinic

Department of Orthopaedic Surgery Medway NHS Foundation Trust

It is important to undertake exercise to help with your recovery. You can follow these exercises if you have injured your:


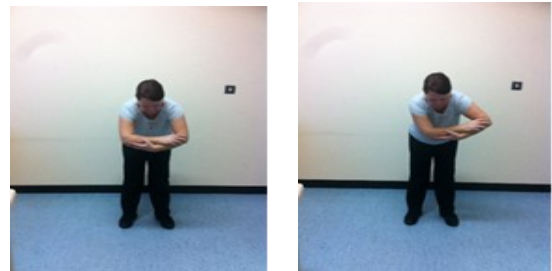
- Proximal Humerus (around the shoulder ball and socket joint)
- Clavicle (collar bone)
- Acromioclavicular Joint (end of your collar bone)
- Shoulder Joint Dislocation
- Soft Tissue Injury

These exercises are split into Early Shoulder Exercises and Later Shoulder Exercises – start with the Early (Pendulum) exercises and progress to the Later (active-assisted) exercises once you have weaned yourself off the sling and pain is improved.

If you experience any problems, or a significant and sustained increase in your pain, please get in touch with the Virtual Fracture clinic on **07760 553994**. **Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name, date of birth and contact number and you will receive a call back.**

Early Shoulder Exercises (Pendulum Exercises)

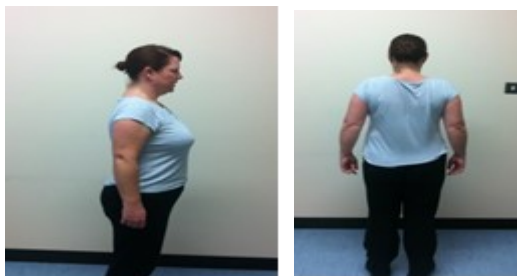
These exercises aim to gently move the shoulder joint to prevent stiffness while your injury heals.

<p>Pendulum flexion</p> 	<p>In standing, support your injured arm with your good arm (like cradling a baby)</p> <p>Lean forward and gently move your arm forward and back</p> <p>Repeat 10 times</p>
<p>Pendulum abduction</p> 	<p>In standing, support your injured arm with your good arm (like cradling a baby)</p> <p>Lean forward and gently move your arm from left to right</p> <p>Repeat 10 times</p>



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Scapula setting

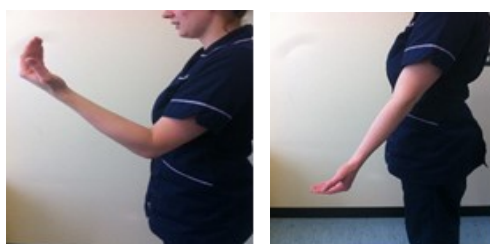


standing or sitting with your back straight pull your shoulder blades backwards.

Hold for 5 seconds then slowly relax

Repeat 10 times

Elbow and wrist exercises



It's important to exercise you elbow and wrist to prevent stiffness- especially if wearing a sling.

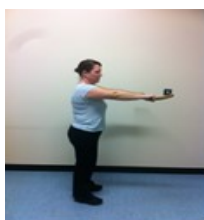
In standing gently straighten and bend your elbow and circle your wrists.

Repeat 10 times

Later Shoulder Exercises (Active-assisted Exercises)

These exercises are used to regain movement in your shoulder after injury

Shoulder flexion

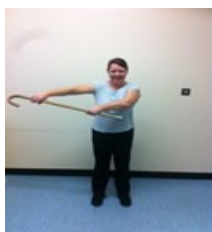


In standing with your back straight and shoulder blades pulled back: hold a broom/stick with both hands with your elbows straight.

Gently lift your arms forward as high as able and slowly lower.

Repeat 10 times

Shoulder Abduction



In standing with your back straight and shoulder blades pulled back: hold a broom/stick with both hands with your elbows straight.

Gently lift your injured arm to the side as high as able and slowly lower.

Repeat 10 times