

SHEET 11 Tips for shoulder girdle pain

Movement is really helpful to aid recovery from shoulder problems such as rotator cuff injury or frozen shoulder.

Mobilising exercises

- **Swinging:** swing your arm back and forth comfortably, trying to get a bit further each time (without straining). See **Figure S11.1**



Figure S11.1

- **Circling:** you can also try circles, getting bigger each time.
- **Front pocket, back pocket:** put your hand in your front pocket (real or imaginary). Flap back and forth many times like you have wings. Now do the same with your hand in your back pocket.

Aim to do these mobilisations several times a day, listening to your body so that you are not overstraining.

The gym of life

- Try and find ways to incorporate more movement of your shoulders into everyday activities. For example, swinging your arms more while walking the dog, and putting things on a slightly higher shelf so that you have to reach for them.