



Queen Victoria Hospital  
NHS Foundation Trust

# Shoulder exercises





Sit or stand. Push both shoulder blades back together then raise your left hand as high as you can in front of you. Slowly lower your arm. Repeat \_\_\_\_\_ times.



Sit with your hands clasped in front of you. Lift your hands above your head and stretch your arms as far back as possible. Slowly lower your arm back down. Repeat \_\_\_\_\_ times.



Lying on your back. Lift your arm out sideways with your thumb leading the way then bring it back to the middle. Perform this movement for 1 minute.



Lying on your back. Keep your upper arm close to your side and your elbow at a right angle. Turn your forearm outwards. Repeat this movement for 1 minute.



Stand with your arms behind your back. Grasp the wrist of the arm you want to exercise. Slide your hands up your back. Repeat \_\_\_\_\_ times.



Stand leaning on a table with one hand. Let your other arm hang relaxed straight down. Swing your arm to your left and then to your right. Repeat \_\_\_\_\_ times.



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Lying on your back with your elbows straight. Use one arm to lift the other arm up, keeping it as close to your ear as possible. Repeat this movement for 1 minute.

**For further information and advice, please contact Burns Therapy on 01342 414255**

If you'd like to find out how you can support QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)



Please ask if you would like this leaflet in larger print or an alternative format.

Physio Therapy Department

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