

Passive movement shoulder exercises for patients with their arm in a sling



Your arm has been injured and need to be in a sling for a period a time to allow the injury to heal.

You should wear your sling **at all times, except for showering** and to **perform the exercises** outlined below. Use the "Pendular Position" (see the last exercise listed below) to wash and dry under your arm.

Swelling

After any injury or surgery on the arm the hand will swell.

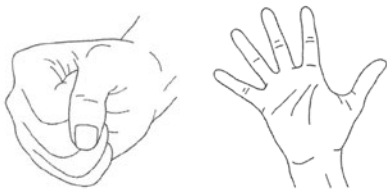
You should:

- ✓ Keep your hand elevated by keeping it in a sling, where your hand is positioned so it is level or slightly higher than the elbow.
- ✓ Exercise any free fingers for 5 minutes every hour to help maintain circulation and help reduce swelling.
- ✓ Wear a compression bandage around the arm to assist in keeping the swelling down. If you are unsure, ask your physiotherapist about this type of bandage.

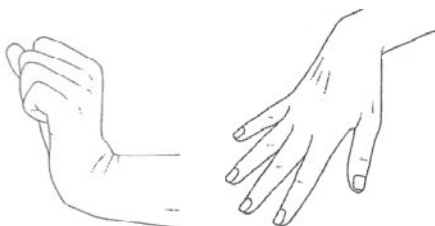
Exercises

During the time your arm is in a sling, your joints may become stiff and weak. To help keep the all the joints moving, we recommend doing the exercises below three times a day. For your particular injury we want you to only do passive movement. This means you should not be using your muscles to actively lift or move the arm, the muscles should remain relaxed.

If you are feeling strong pain stop the exercises and check with your physiotherapist or orthopaedic doctor before starting again.



Move your fingers from a fist to stretched back and out (as pictured) 10 times. If feeling comfortable build up to doing this 30 times.



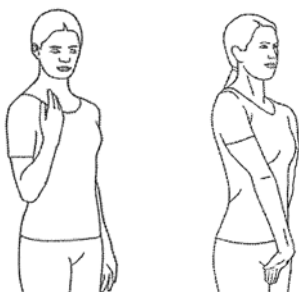
Bend the wrist up and down as far as comfortable (as pictured) 10 times. If feeling comfortable build up to doing this 30 times.



Take your injured arm out of the sling. For extra support of the shoulder, you may want to use the good arm to hold the injured arm above the elbow (as pictured) to help stabilise the shoulder and stop it moving.

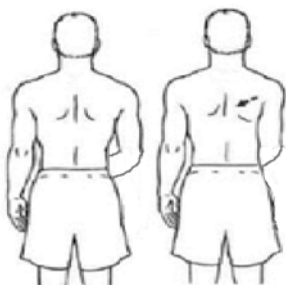
Bend your elbow and keep it in to your side (like in the picture shown). Now try to turn your hand so the palm faces up to the ceiling. Then reverse the movement, twisting your hand so the palm faces the floor.

Start by doing this movement 10 times. If you feel OK then you can build up to 30 times.



Take your injured arm out of the sling and support it with the other arm. Bend and straighten the elbow as far as comfortable, as in the picture. Start by doing this movement 10 times. If you feel OK then you can build up to 30 times.

For extra support of the shoulder, you may want to use the good arm to hold the injured arm above the elbow to help stabilise the shoulder and stop it moving.



Standing tall gently pull your shoulder blades back together. Hold this position for 5 seconds and repeat 10 times.



Pendular Arm Position

Take your injured arm out of the sling and support it with the other arm. Start by leaning your body forward and letting the injured arm hang down in front of you. This is the pendular arm position.

In this position, gently let the injured arm swing:

- back and forward
- side to side, and
- around in circles

This will allow the shoulder joint to move as far as is comfortable. You may need to gently assist with the good arm initially.

Do this 10 times in each direction.

For any questions contact Physiotherapy Departments on the following phone numbers:

Gosford
4320 3314

Wyong
4394 8217

Woy Woy
4344 8446

Long Jetty
4336 7752

This brochure contains general information for patients being treated at Central Coast Local Health District. It is not a substitute for more detailed information from the Orthopaedic and Physiotherapy Department (OPD). If any exercise causes more than mild discomfort, stop and seek advice from the OPD.