

Advice and exercises for a dislocated shoulder

Department of Physiotherapy

Produced: March 2021

Review: March 2024

Information for Patients

Leaflet number: 1158 Version: 1

Following a shoulder dislocation, the soft tissues of the shoulder joint will be affected. It will take up to 2 to 3 weeks to get better, during which time, you may feel pain and weakness in the shoulder. Regaining your full shoulder strength may several weeks / months.

During the procedure to put your shoulder back in place, the drugs used may affect your short term memory and you may feel dizzy. Both these symptoms should not last longer than a few hours.

Immediate care for your shoulder after dislocation

- Wear your sling underneath your clothes and under a T-shirt at night for 2 to 3 days, then outside your clothes after this. Remove the sling as soon as it is comfortable to do so, with a maximum wear time of 2 weeks.
- Take regular pain medication as needed
- Let pain and confidence be a guide to moving your shoulder / arm using the enclosed exercises.
- Do not drive, play sport or do manual labour until told that you are safe to do so by a clinician in Fracture Clinic at your follow up appointment.

Exercises

Start these wrist and elbow exercises straight away by sliding off your sling—this will stop these joints from becoming stiff. **Do these exercises ____ times a day.**

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk



Gently bend your arm up and down.

Repeat ___ times



Hold your affected arm above the elbow. Gently turn your palm up and down. Repeat ___ times



Support your wrist on the edge of a table. Move your wrist / hand up and down

Repeat _____ times



Support your wrists on the edge of a table. Interlink your fingers. Move your wrist / hand up and down

Repeat _____ times

After 3 days if your symptoms have eased, start these exercises in the sling ___ times as day.



Bend forward. Hold your affected arm in the sling. Gently lift your arm forward up to shoulder height

Hold ___ seconds

Repeat ___ times



Bend forward. Hold your affected arm in the sling. Move your arm across your body gently, side to side.

Hold ___ seconds.

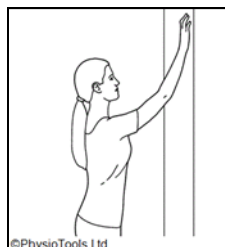
Repeat ___ times.

When the sling is removed, do these exercises gently in comfortable range _____ times a day.



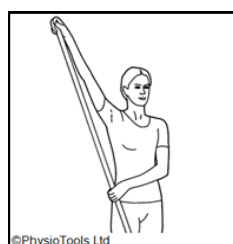
Hold the wrist of your affected arm and assist lifting your arm up, within comfortable range.

Repeat ___ times



Walk your fingers, or slid your affected hand up the wall.

Repeat ___ times



Place your affected hand on one end of a stick / broom and your other hand on the other end. Gently move your arm up to the side.

Repeat ___ times.

Early strengthening exercises, do ____ times daily



Stand sideways against a wall with your upper arm close to your side and elbow at a right angle.

Push the forearm to the side against the wall.

Hold ____ seconds. Repeat ____ times.



Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

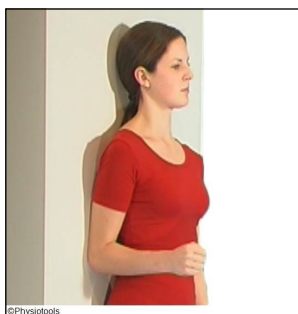
Push the back of your hand against the wall.

Hold ____ seconds. Repeat ____ times



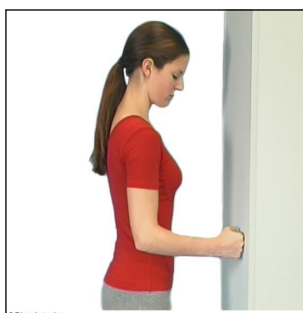
Stand in a doorway with you elbow bent to a right angle and close to your body. Place your hand against the wall. Push your hand inwards against the wall.

Hold ____ seconds. Repeat ____ times



Stand with your back against the wall. Keep your upper arm close to the side of your body and elbow bent to a right angle. Push the elbow back against the wall.

Hold ____ times. Repeat ____ times



Stand facing a wall. Keep your upper arm close to the side with your elbow at a right angle. Push your fist against the wall.

Hold ____ seconds. Repeat ____ times

Contact details:**Physiotherapy departments**

Glenfield Hospital	0116 258 4073
Leicester General Hospital	0116 256 3595
Leicester Royal Infirmary	0116 258 5816
Opening times 08:30am to 4:30pm	

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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