

Advice and exercises for a dislocated shoulder

Department of Physiotherapy

Information for Patients

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You have dislocated your shoulder.

The soft tissues of your shoulder joint will be affected.

It may take up to 2 to 3 weeks to get better.

During this time, you may feel pain and weakness in the shoulder. It may take a few weeks / months to regain your full shoulder strength.

When your shoulder was put back in you were given some drugs. 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
- You can remove the sling when it is comfortable to do so. You should not wear the sling after 2 weeks
- Take regular pain medication as needed
- Let pain and confidence be a guide to moving your shoulder / arm using the exercises in this leaflet
- 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 3 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 up to 10 times



Hold your affected arm above the elbow. Gently turn your palm up and down. Repeat up to 10 times



Support your wrist on the edge of a table. Move your wrist / hand up and down
Repeat up to 10 times



Support your wrists on the edge of a table. Interlink your fingers. Move your wrist / hand up and down
Repeat up to 10 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 5 seconds
Repeat up to 10 times

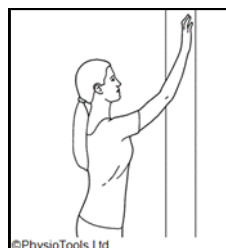


Bend forward. Hold your affected arm in the sling. Move your arm across your body gently, side to side.
Hold 5 seconds.
Repeat up to times.

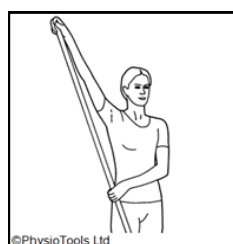
When the sling is removed, do these exercises gently in comfortable range 3 to 5 times a day.



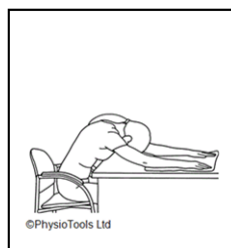
Hold the wrist of your affected arm and assist lifting your arm up, within comfortable range.
Repeat up to 10 times



For your affected shoulder, place your palm on the wall. Now slide your hand up and down the wall as far as is comfortable.
Repeat up to 10 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 up to 10 times.



Sit on a chair at a table. Place your arms on table and slide forward and back as far as you can comfortably.
Now sitting side-on to a table, slide your arm to the side as far as you can comfortably.
Repeat up to 10 times.

Early strengthening exercises, do 3 to 5 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.

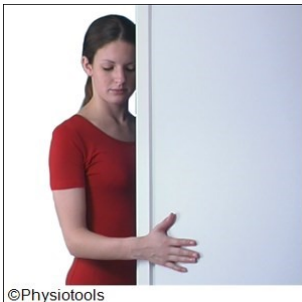
Hold 5 seconds. Repeat up to 10 times.



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

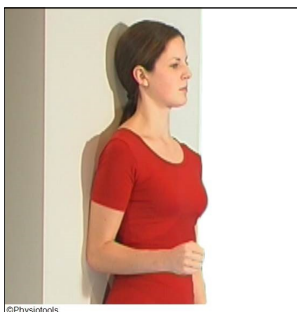
Push the back of your hand against the wall.

Hold 5 seconds. Repeat up to 10 times



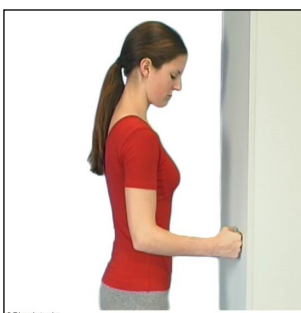
Stand in a doorway with you elbow bent to a right angle and close to your body. Place your hand against the wall. Push your hand inwards against the wall.

Hold 5 seconds. Repeat up to 10 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 5 seconds. Repeat up to 10 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 10 seconds. Repeat up to 10 times

Contact details:

Physiotherapy departments

Glenfield Hospital 0116 258 4073

Leicester General Hospital 0116 256 3595

Leicester Royal Infirmary 0116 258 5816

Opening times 8:30am 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

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk