

If you require further advice or are not sure
then please contact your GP or phone 111

Shoulder Pain / Injury

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

The shoulder is the most mobile joint in the body. The main shoulder joint is a ball-and socket joint, which allows a very wide range of movement.

Shoulder pain can be caused by injury to any of the soft structures around the joint. It might be part of a general condition such as osteoarthritis. Pain in the shoulder can also be caused by a problem with the neck. The doctor/practitioner you have seen in the Emergency Department will have assessed and advised you about your diagnosis.

Physiotherapy can help you to manage pain and improve the strength and flexibility in your shoulder.

There are some basic exercises in this leaflet you can try.

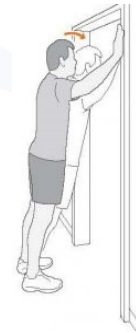
If your symptoms are not improving after a few weeks you could self-refer for physiotherapy or ask your GP to assess you.

Pain killers

- We recommend taking paracetamol regularly 4 times a day and ibuprofen 3 times a day. Please note that ibuprofen should not be taken if you suffer with kidney problems, asthma, stomach ulcers/reflux, heart failure or are pregnant.
- If you are prescribed co-codamol please note the following: it contains paracetamol so do not take other paracetamol based products, it contains codeine that can cause constipation and can impair your ability to drive.

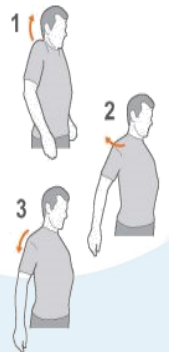
Exercises

Let your bad arm hang down and swing it gently backwards and forwards



Stand in a doorway with both arms slightly above your head. Lean forwards into the doorway until you feel a stretch and hold for 10-20 seconds

Stand and raise your shoulders, then squeeze your shoulder blades together and then relax your shoulders down



Stand in a doorway with elbow bent and back of hand against doorframe. Push your arm outwards against the doorframe and hold for 5 seconds.



Then on the other side of the doorframe, place your palm against it and push holding for 5 seconds

