

PATIENT'S GUIDE

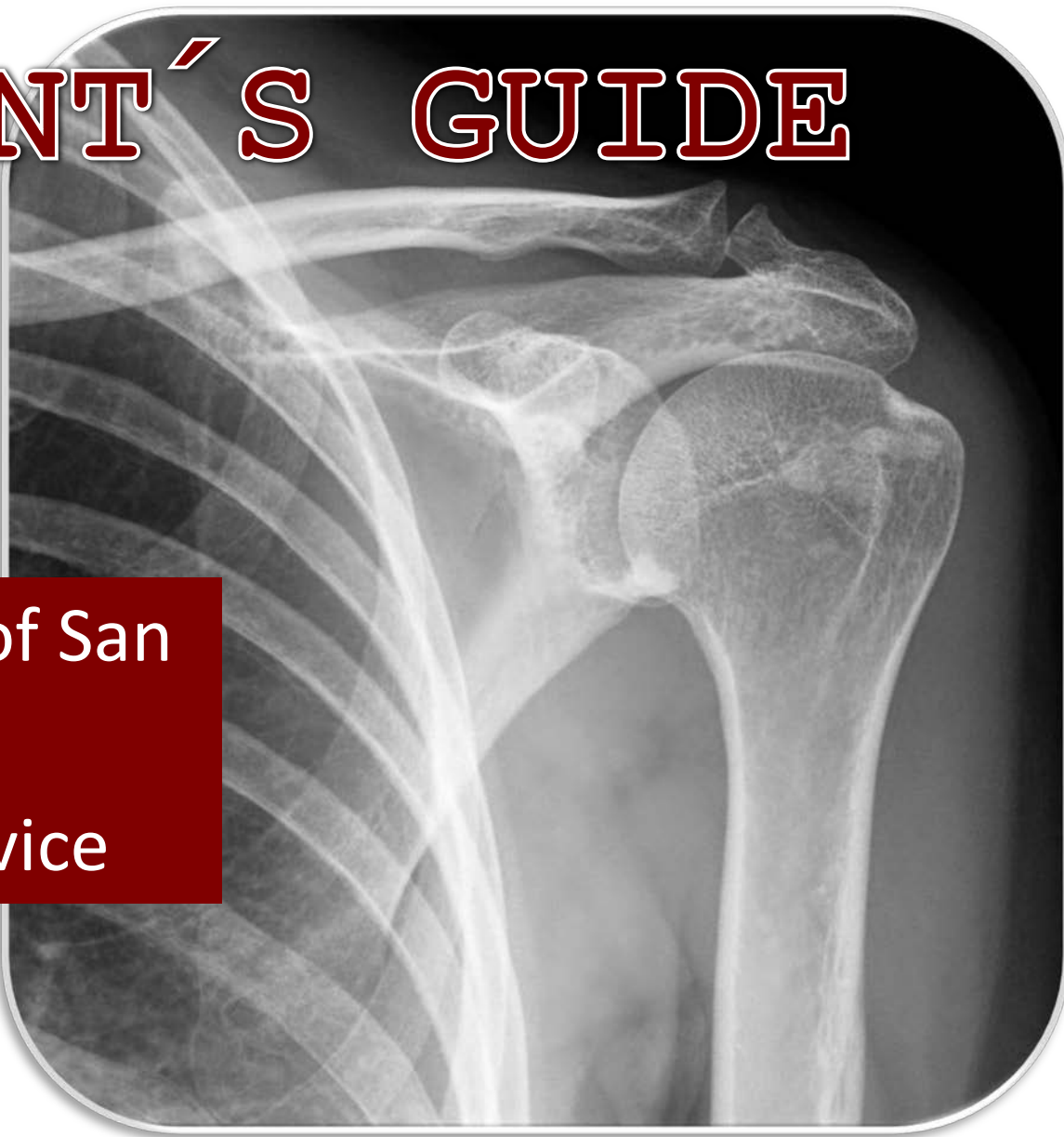


**AGÈNCIA
VALENCIANA
DE SALUT**

**University Hospital of San
Juan**

Rehabilitation Service

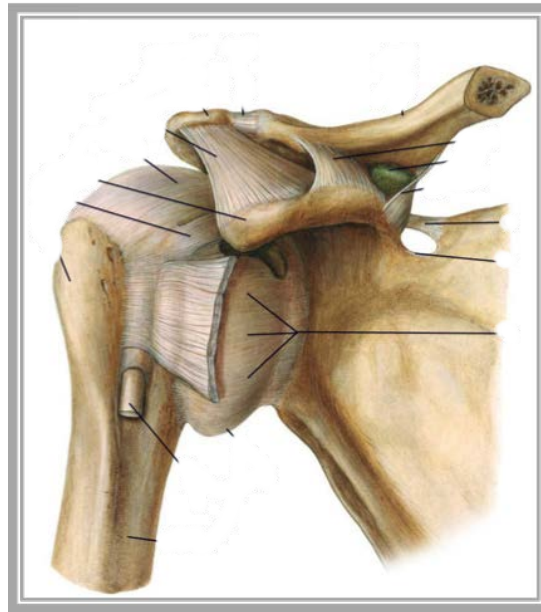
Department 17



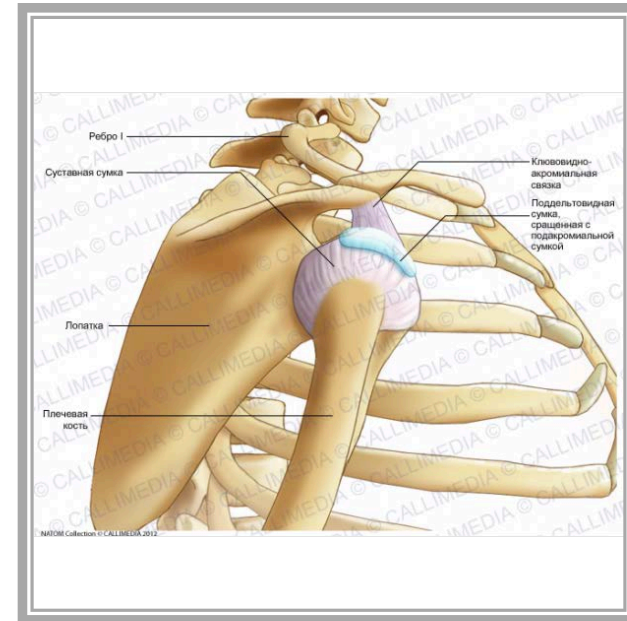
Anatomy of the shoulder: Anterior, Posterior and Lateral



Anterior



Posterior



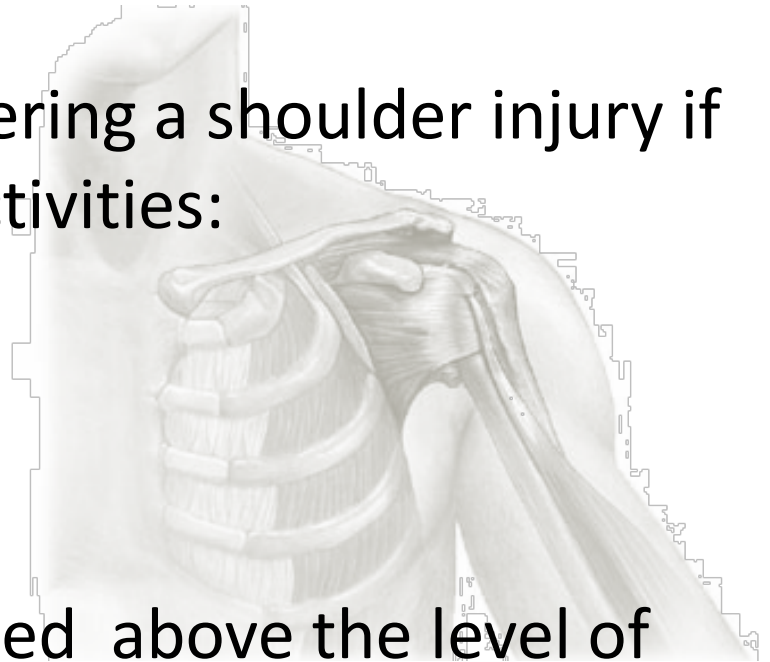
Lateral

Objectives of the "shoulder school"

1. To adopt a correct body posture, as this is necessary for the shoulder to be properly centered.
2. To maintain good elasticity of the joints and good muscle tone through the exercises you will be taught.
3. To show you ergonomic measures, to reduce or economise joint wear.

RECOMMENDATIONS

- You have a higher risk of suffering a shoulder injury if you often do the following activities:
- Lift heavy objects.
- Work on your knees.
- Twist your hands or wrists.
- Stretch to reach objects located above the level of your head.
- Use certain types of tools.
- Work with tools or equipment that produce vibration.



RECOMMENDATIONS



NO



NO



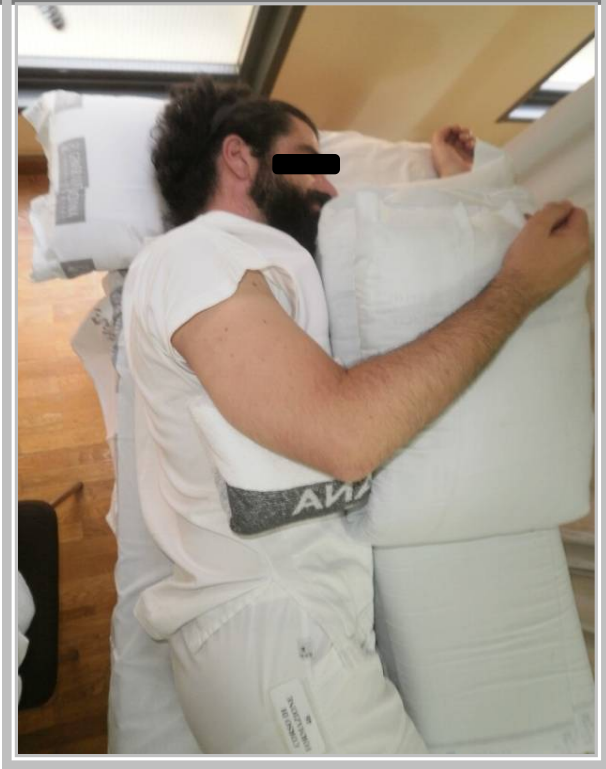
YES

RECOMMENDATIONS

- **Avoid** lifting your arms above your head.
- When reaching for objects above your head or handling anything heavy with your hands, the object must be held in front of the body, as close as possible to the chest and always with your back in an upright position, without turning or making any sudden movements.
- If you do repetitive tasks, you must take short breaks each hour to relax your shoulders, doing stretching exercises during the break.
- **Avoid** sleeping with your head resting on the bad arm.

RECOMMENDATIONS

- When in pain, you must avoid doing sports that require raising the arm above the head, such as tennis, basketball ...
- To sleep, use a pillow to rest your arm on so that it doesn't stay close to the body for long periods.



RECOMMENDATIONS

- Avoid movements and activities that make the pain worse.
- Strict rest is not advisable. Do mobility exercises progressively. You can apply cold.
- If the pain does not improve, you must see your GP who will recommend the appropriate treatment.

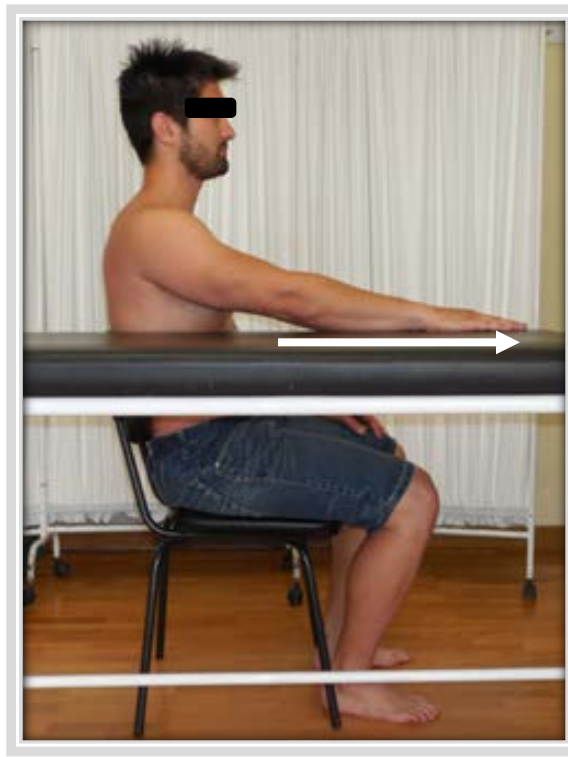
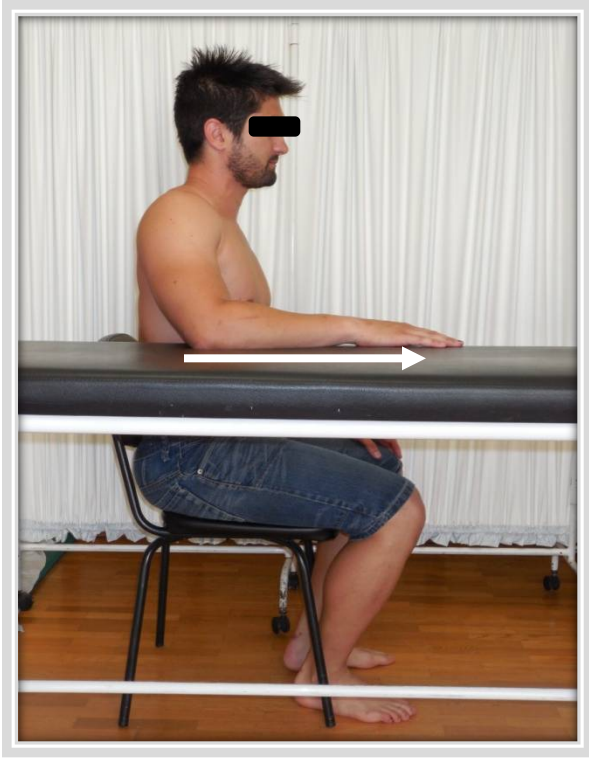
CODMAN'S PENDULUM

Bend at the waist, using your good arm for support. Swing the painful arm like a pendulum back and forth, and in circles.

Initially without weight and afterwards with a half-kilo weight (1 to 3 minutes).



MOVEMENT ON A TABLE

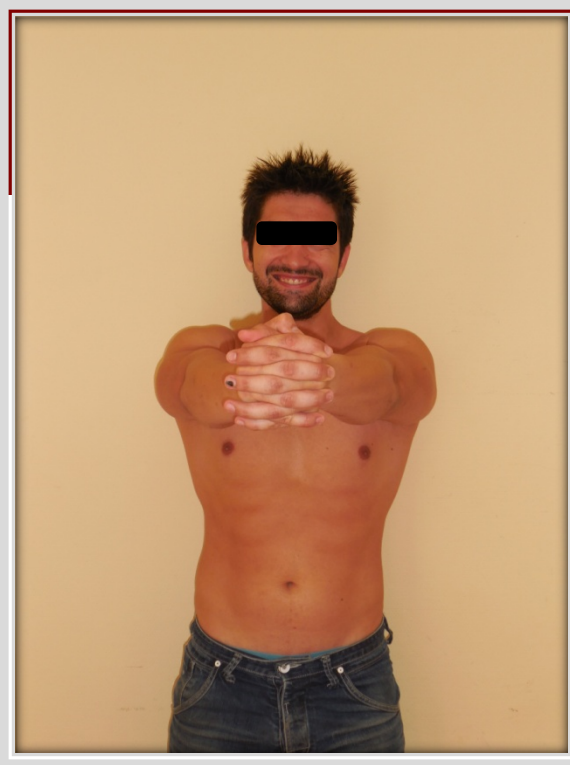


Sitting, with the affected arm on a horizontal surface, slide the arm forward then back to the starting position.

Repeat 5 times.

ACTIVE FLEXION:

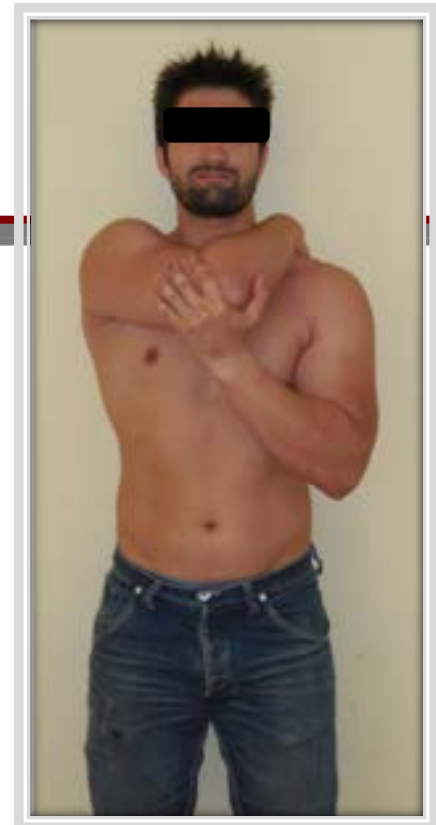
Supine position or against a wall



Clasping your hands together, raise your arms above your head. Keep them up for 3 seconds. Repeat 5 times.

POSTERIOR STRETCHING

- Standing, do a shoulder flexion of 90°, passing the hand of the affected shoulder over the healthy shoulder.
- Help by placing the healthy hand on the elbow of the affected arm
- Hold the position for 5 seconds.



ASSISTED EXTERNAL ROTATION

- Hold on to a fixed object with your hand and rotate your body to the opposite side.
- Repeat 5 times.



WALL SUPPORT

- With your hands against the wall, bend your elbows letting your body fall forwards.
- Hold the position for 5 seconds then return to the initial position.
- Repeat 5 times.



SELF PASSIVE INTERNAL ROTATION

- Move the hand of the affected side with the help of the opposite hand as high as you can up your back. Hold the final position for 1-5 seconds.
- Repeat 5 times.



ISOMETRIC EXTERNAL ROTATION

- Standing with the affected side next to the wall, place a thick towel between the body and the arm, with the elbow bent 90°. Push against the wall with the back of the wrist.
- Hold for 5 seconds.



ISOMETRIC INTERNAL ROTATION

- With a thick towel between the body and the arm and the elbow bent 90°, push inwards with the affected arm. At the same time, apply resistance with the opposite hand holding the wrist.
- Hold for 5 seconds. Repeat 5 times.



FREE ABDUCTION

With your back against the wall, raise your arms keeping elbows straight until arms are parallel to the floor. Repeat 5 times.



SHOULDER EXTENSION

Position yourself with your back against the wall. Keeping the elbow bent, push your arm back against the wall for 5 seconds and then relax. Repeat 5 times.



SHOULDER LIFTING

- Standing or sitting, arms down beside the body. Lift the shoulders without moving your head and then return to the initial position.
- Repeat 5 times.



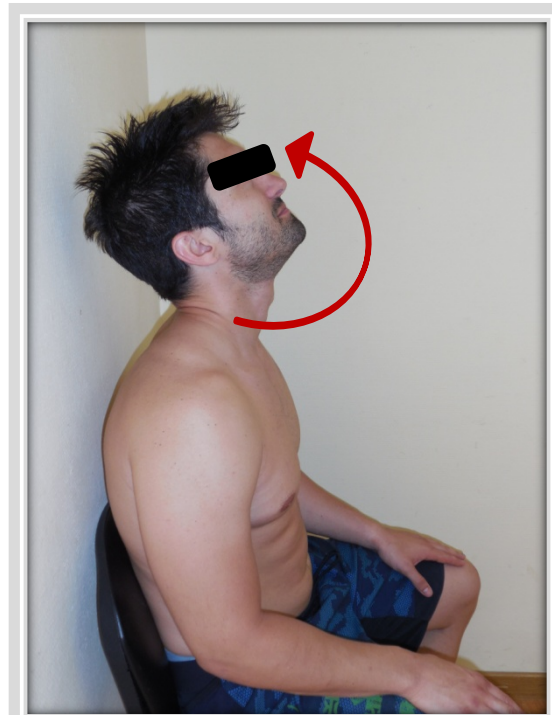
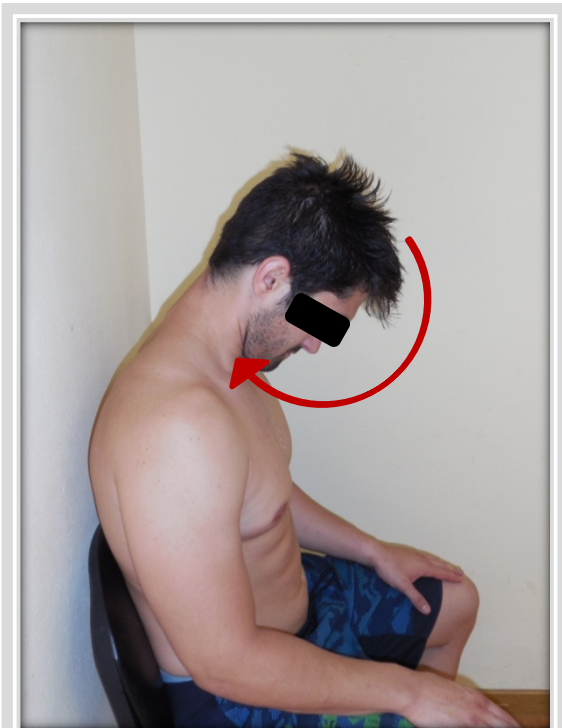
SHOULDER

After completing the exercises, apply cold to the shoulders (for example, a bag of frozen peas wrapped in a cloth) for 10 minutes.



FLEXION-EXTENSION

- Sitting with your back and head against the wall and with your mouth closed, flex and stretch your neck upwards and downwards until you touch your chest with your chin.
- Repeat 5 times.



HEAD TURNS TO BOTH SIDES

- In an upright sitting position, turn your head to both sides as far as possible.
- Repeat 5 times.



HEAD TILTING TO BOTH SIDES

- Sitting in an upright position, tilt your head sideways trying to touch the shoulder with your ear. Repeat on the opposite side.
- Repeat 5 times.



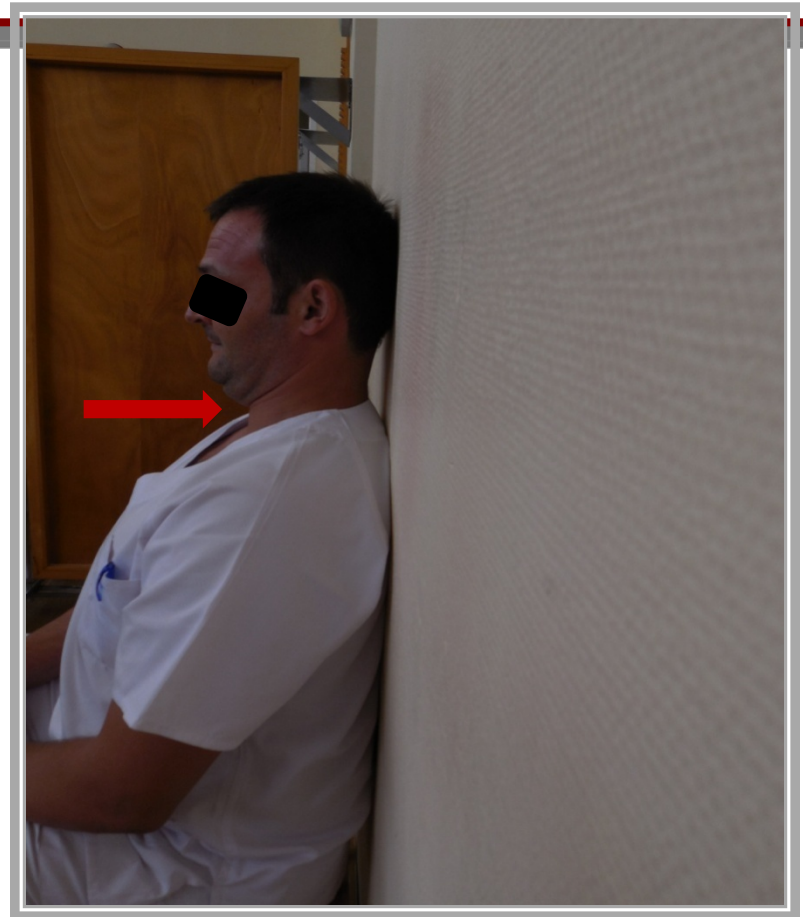
FLEXION STRETCHING WITH ROTATION

With one hand holding on to the seat, do a maximum flexion and rotation of the neck towards the other side. Hold for 5 seconds and then return to the initial position.



DOUBLE CHIN

Sitting upright, move your chin straight backwards, creating a double chin. Hold for 5 seconds and then return to the initial position.



- INFORMED CONSENT
- CONSTANT-MURLEY TEST
- DASH TEST
- PAIN SCALE. EVA
- TREATMENT COMPLIANCE