Front page



* Shoulder Pain is the second most common reason for people to seek advice from their GP regarding musculoskeletal conditions.
* Shoulder pain is a symptom not a diagnosis and can be caused for a variety of reasons.
* Shoulder pain can often occur as a result of posture, age related changes, trauma, over load or repetitive use.

Most shoulder pain will settle within a couple of weeks. The information below is provided to try and help you manage your pain and speed up your recovery.

Here are some exercise and information sheets which are used within our departments practice. Please [read this](https://www.poole.nhs.uk/a-z-services/t/therapy-services/therapy-outpatients/patient-information-leaflets/patient-leaflet-waiver.aspx) before participating in exercises without prior health professional advice.

General advice on shoulder pain

How can I help myself manage my pain? (Attach How can I help myself manage my pain leaflet (1))

What exercise can I try to keep my shoulder strong and healthy? (Attach general shoulder exercise leaflet(2))

What can I do at the gym to help progress my shoulder?

Are you interested in finding more information about shoulder pain (attach Shoulder pain ARC leaflet(3))

Do you sit at a desk? (attach Sit at desk leaflet CSP (13))

Are you attending shoulder class at Poole hospital? Please click here for session leaflet. (attach shoulder class exercises (12)

**Condition specific exercise sheets and information**

If your symptoms do not settle with exercises, physiotherapy can play a vital role in the management of shoulder conditions. Most common conditions can be managed successfully without the need for surgery.

Current physiotherapy practice for shoulder pain involves detailed specialist assessment and treatment including the provision of exercises to address an individual’s problem. Current research suggests that this strategy is as good as or better than surgery for many shoulder problems.

*We recommend that information and exercises in this section should only be followed on the advice of your physiotherapist or health care professional. Please* [*read this*](https://www.poole.nhs.uk/a-z-services/t/therapy-services/therapy-outpatients/patient-information-leaflets/patient-leaflet-waiver.aspx) *before participating in exercises without prior health professional advice.*

Second page (from condition specific exercise link)

If you have been given a diagnosis please refer to relevant section for information and ways to help manage your symptoms.

**Fractures**

**Frozen shoulder**

**Large cuff tear**

**Osteoarthritis**

**Post-operative rehabilitation**

**Rotator Cuff related shoulder pain**

**Shoulder Instability**

window or new page from each specific condition section

**Fractures**

clavicle fracture information and exercise sheet (attach 14)

Proximal humerus fracture information

**Frozen shoulder**

Information about Frozen shoulder related shoulder pain. (attach 4)

Exercises to help manage your symptoms. Mobilising exercises (7)

Have you been offered a local steroid injection? (attach 15)

**Large cuff tear**

Information and exercise protocol (attach 9)

link to video (https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/)

**Osteoarthritis**

Information about Osteoarthritis (attach 16)

Have you been offered a local steroid injection? (attach 15)

Are you considering a joint replacement. (attach 17)

**Post-operative rehabilitation**

Balloon Arthroplasty

Surgery information leaflet – currently being updated (RBH)

Exercises Early In sling (10)

 Torbay exercise protocol (attach 9) link to video (https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/)

Manipulation Under Anaesthetic (MUA)

Exercises Mobilising exercises (7)

Reverse Geometry shoulder replacement.

SEE RBH your replacement leaflet

Exercises Early In sling (10)

 Out of sling (11)

Rotator cuff repair

SEE RBH rotator cuff leaflet

Exercises Early In sling (10)

 Out of sling (11)

Shoulder replacement

SEE RBH your replacement leaflet

Exercises Early In sling (10)

 Out of sling (11)

Stabilisation

Surgery information leaflet – currently being updated (RBH)

Exercises Early In sling (10)

 Out of sling (11)

Subacromial Decompression

Surgery information leaflet – currently being updated (RBH)

Exercises Early In sling (10)

 Out of sling (11)

**Rotator Cuff related shoulder pain**

Information about Rotator Cuff related shoulder pain. (attach 13)

Exercises to help manage your symptoms. (attach 18)

Have you been offered a local steroid injection? (attach 15)

**Shoulder Instability**

Information about Shoulder Instability related shoulder pain. (attach 5)

Exercises to help manage your symptoms.

Rotator cuff exercises

Information leaflet

* Rotator cuff related shoulder pain
* Frozen shoulder
* Shoulder Instability

Exercise sheets

* Rotator cuff control exercises
* Shoulder mobilising exercises
* Rotator cuff strengthening exercises.
* Torbay cuff compensation exercises
* In a sling, early exercises
* Just out of a sling; active assisted exercises
* Shoulder class exercise sheet