

SUSSEX SHOULDER

active assisted exercises

Active Assisted Flexion - Repeat 10 times



Lie flat with your knees bent. Hold a stick with your hands just wider than your shoulders. Lift your arms up over your head until you feel a stretch. Do not force the movement. Hold for a few seconds then lower.

Active Assisted External Rotation - Repeat 10 times



Lie flat with your knees bent. Put a folded towel under your elbow. With your elbow bent to 90 degrees and kept by your side, push your hand outwards with the unaffected hand until you feel a stretch. Do not force it. Hold for a few seconds then move back to the starting position.

Cameron Hatrick MA FRCS(Tr & Orth)

Consultant Orthopaedic Surgeon

These notes are intended as a guide and some of the details may vary depending on your individual circumstance and at the discretion of your surgeon.
© Sussex Shoulder

NHS Patients

Brighton NHS Tel: 01273 696955 ext 4258, Tara Kirk
Lewes NHS Tel: 01273 474153 ask for Glynis Mockett
Email: glynis.mockett@bsuh.nhs.uk

Private Patients

Direct Tel: 01273 828095 Angela Crosskey
Montefiore Hospital Hove Tel: 01273 828120
Email: cameron.hatrick@springgroup.org

With thanks to Cath Ellis & Lizzy Miles, specialist physiotherapists, for their help with the demonstration and preparation of the exercise sheets