


Shoulder Pain

Information for patients

This booklet provides information for patients with shoulder pain.

Physiotherapy

Website <http://www.mtw.nhs.uk/physiotherapy/>

 Telephone 01892 632902 / 01622 224308

Email physiotherapy.mtw@nhs.net

What causes shoulder pain?

- The most common cause is injury to the muscle, ligaments or tendons.
- It can be caused by overstretching, this stretches and weakens the soft tissues that provide stability at the shoulder.
- It can also be caused by overuse, irritating the soft tissue causing local areas of inflammation and swelling.

What are the symptoms?

- Pain
- Reduced movement
- Stiffness.
- Swelling

How long will it take to recover?

- Healing from soft tissue injuries normally takes about six weeks, though everyone recovers from injuries at different rates.
 - The pain usually starts to settle within a few days.
 - The majority of simple strains do not cause lasting problems, as the body is very good at healing itself.
-

What treatments can I use?

Pain Killers

- If your GP has prescribed pain killers, then these should be taken at the recommended dose.

Cold Packs

- A cold pack (ice pack or frozen peas wrapped in a damp towel) can also provide short term pain relief. Use whichever pack you find most helpful. Apply to the sore area for up to 15 minutes.

Rest

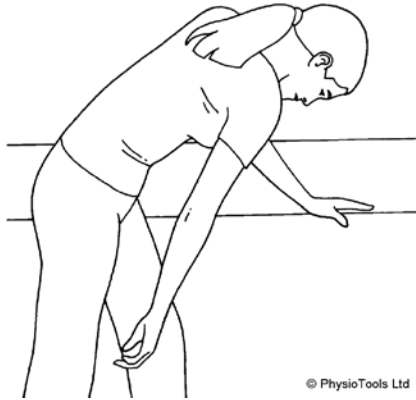
Try to rest the arm for the first 24-72 hours. However, it is important to maintain flexibility in the arm, so you can gently move it without causing too much pain. This will ensure your arm does not become too stiff and it will help the healing process.

Early Movement and Exercise

- Simple exercises can be performed to help gain full function of your shoulder.
 - Getting stiff muscles and joints moving is often uncomfortable to start with, but becomes much easier as you regain flexibility.
-

Exercises for your shoulder

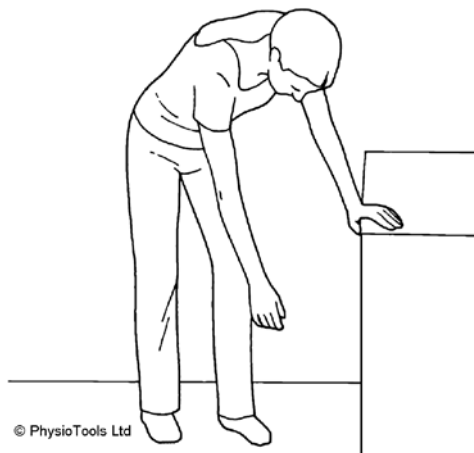
1. Stand leaning on a table with your good hand, let your injured arm hang relaxed straight down. Gently swing your arm forwards and backwards.



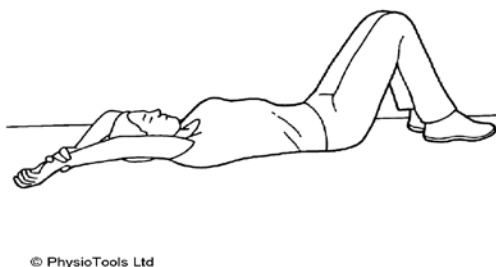
2. Gently swing your arm in circles, clockwise and anti-clockwise.



3. Swing your arm from side to side.



4. Lying on your back, raise your injured arm up, using your other arm to help.



Please note: these exercises should not increase your pain. Perform each exercise gently and slowly, only moving as far as feels comfortable. Practice each exercise up to 10 times, 2-3 times a day.

What should I do if the pain increases with exercise?

- If your pain increases, initially reduce your activity levels. As your shoulder starts to feel better you can gradually start exercising again.
- However, if your pain increases significantly stop the exercises and consult your GP or physiotherapist before continuing.

General Advice

- Keep your shoulder gently moving, but avoid activities that aggravate your pain.
 - The sooner you commence early exercise, the better this may be for your recovery.
 - Don't keep your shoulder still, it will get stiff and healing will take longer.
-


Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Further information and advice can be obtained from:

List any appropriate support groups/telephone/web/email addresses.

NHS Direct
NHS Direct online





 0845 46 47
www.nhsdirect.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this.

Patient Advice and Liaison Service (PALS)

If you would like to raise any concerns, make comments and suggestions or require information on Trust services, you can contact **PALS**. Office opening times are Monday to Friday 10.00am to 4.00pm. Both offices offer a 24 hour answering machine. Messages will be responded to within one working day, so please do leave a contact number.

PALS Maidstone Hospital
PALS Tunbridge Wells
PALS Email
PALS SMS
PALS Maidstone Fax
PALS Tunbridge Wells Fax

 01622 224960
 01892 632953
mtwpals@nhs.net
 07747 782317
 01622 224843
 01892 632954

Issue date: Pending Approval
Database reference: GOV/LEA/4

Review date: TBA
© MTW NHS Trust

Disclaimer: Printed copies of this document may not be the most recent version.
The master copy is held on Q-Pulse Document Management System
This copy – REV1.0
