

Exercises for the top of the shoulder

Arthritis at the top of the shoulder (AC joint)



How to use this sheet. Do the exercises slowly, keeping the elbow below shoulder height. Stop before the pain builds — mild discomfort is fine, sharp pain is not. **Avoid:** reaching across your body, lifting heavy things overhead, bench press and push-ups, carrying heavy loads on this shoulder, and sleeping on the painful side. Ice wrapped in a cloth can ease the pain.

1 Pendulum swing



Lean forward, let the arm hang. Swing it gently in circles using your body, not the shoulder.

1 minute

4 times a day

✓ Should feel

The shoulder loosening

✗ Should not feel

Sharp pain



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or मराठी — or ask for
sheet 16

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Closed on Sunday. Urgent injury such as a
fracture or dislocation? Please call first.



Sit at a table, slide the hand forward, letting the body follow.

10 times

3 times a day

✓ **Should feel**

A stretch at the end of the range

✗ **Should not feel**

Pinching at the top



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3

Stick-assisted external rotation



Hold a stick with both hands, elbow tucked in, and push the affected arm outwards.

10 times

3 times a day

✓ **Should feel**

A stretch at the front of the shoulder

✗ **Should not feel**

Sharp pain



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4

Shoulder blade squeeze



Squeeze the shoulder blades together and down.

10 times

3 times a day

✓ **Should feel**

Between the shoulder blades

✗ **Should not feel**

The shoulders lifting



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5

Isometric external rotation



Stand beside a wall, elbow bent and tucked in, press the back of the hand into the wall without moving.

Hold 10 seconds

10 times

✓ **Should feel**

The muscle working

✗ **Should not feel**

Sharp pain



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6

Band row



Pull a band back, squeezing the shoulder blades together.

12 times

Once a day

✓ Should feel

The shoulder blade muscles working

✗ Should not feel

Shrugging

Stop and telephone us if

- The top of the shoulder becomes hot, red and swollen, or you have a fever — come the same day
- Pain at night that wakes you, or weight loss you cannot explain — especially if you have had cancer before
- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness



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