

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)



Livewell Southwest



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## Information & Advice

# Shoulder Injury Exercise

## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

## General information

Following injury, your shoulder may be swollen, bruised and painful due to sprained muscles, tendons and ligaments.

In order to help you get better follow the advice below:

- It is important to rest your arm to prevent further swelling. Please use the sling given to you to support your arm.
- Crushed ice/frozen peas can be applied to the painful area - apply for 10- 5 minutes every two hours. Cold can burn so remove if uncomfortable
- It is very important to start moving your shoulder as soon as possible, so as soon as the pain begins to ease, start gently moving your shoulder. This may be uncomfortable at first but it is essential to avoid future stiffness. To start with move your shoulder by swinging it gently.

## After three days

### Exercise One

Lean on a firm support with your uninjured arm. Allow your injured arm to hang loosely away from your body.

- Slowly swing your arm backwards and forwards alongside your body. Start with small movements and then gradually move as far as possible in each direction. Repeat for 1-2 minutes.
- Now swing across your body and out to the side as far as possible. Repeat for 1-2 minutes.
- Move your arm in a circular motion. Start with small circles gradually increasing to larger circles. Repeat 1-2 minutes.

### Exercise Two

- Stand facing a wall, placing your hand flat against it. Slowly slide or 'walk' your hand up the wall as far as possible. You can use a piece of blue tack to mark your daily progress. Remember to come down the wall slowly. Repeat 2 or 3 times.

### Exercise Three

- Reach up behind your back as far as you can. Repeat 2 or 3 times.

Repeat these exercises 4 - 5 times a day and as your arm becomes more mobile, build up your level of activity.

Depending on the nature and severity of your injury, it may take up to 1 - 3 months, sometimes longer to recover.

Please see your own GP if you are not improving or have concerns

## Returning to Sport

Before returning to sport activities your shoulder should be free from pain, supple and strong.

Consider your own fitness before returning to any sport . Be sensible and steadily build up your exercise tolerance.

## Further information

You can get further information from:

- Your own practice nurse
- NHS 111