

Shoulder rehabilitation class

Introduction

The shoulder rehabilitation class is designed to help you to manage your shoulder pain and stiffness and increase the strength in your shoulders.

The class includes a programme of exercises, which we encourage you to continue at home. The programme is flexible and consists of up to three one-hour exercise sessions. It is advisable to complete the class over six to eight weeks of starting.

What is expected of me?

- To do your home exercise programme as advised by your physiotherapist
- To wear comfortable loose clothing and suitable footwear to exercise
- **To inform the class physiotherapist of any new medical problems, if you are feeling unwell or if your health changes**

Class location

Ealing Hospital, Ealing Rehabilitation Service, Level 1, Orange Wing
Uxbridge Road, Southall UB1 3HW
Time: Monday 11am - 12noon

Booking and cancellations

To book your class appointment, please call the Central Booking Team on 020 3893 8533 between 8.30am and 4.30pm within two weeks of your last appointment.

You are welcome to book follow up appointments for the class at the Ealing Rehabilitation Service reception desk after the class or by calling the number above.

Please ring within 14 days of your last appointment otherwise you will be discharged. If you make an appointment but do not attend (without contacting the service) you will be discharged. We only allow one cancellation before we discharge you.

What should I do to prepare for the programme?

Familiarise yourself with the exercises below before you attend your sessions. Attempt to do each of the following exercises 10 times, and aim to do two sets of 10 of each of these exercises.



1. Sit or stand with the painful arm by the side of the body. Slowly raise the arm up and lower it down. Try and progress using a 0.5kg weight in your hand.



2. Do a press up against the wall. Try and progress by straightening your arms as far as you can. Slowly return to the starting position.



3. Sit or stand. Keep your upper arms close to your sides and elbows at right angles. Turn your forearms outwards, then bring your hands together in front of you. Try and progress using a 0.5 kg weight in your hand.

General Trust information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 020 8869 5118 between 9.30am and 4.30pm or e-mail LNWH-tr.PALS@nhs.net

Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

If you would like this information in an easy to read format, large print, braille, different format or language, please contact the PALS team on 020 8869 5118 or email lnwh-tr.pals@nhs.net We will do our best to meet your needs.