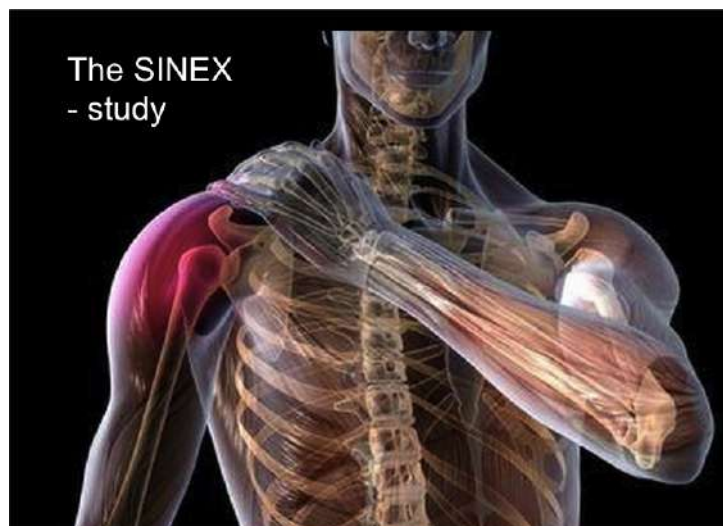


## **Exercises and information leaflet to persons with a dislocated shoulder**

### **“HOMEX-group”**



**A project involving the University of Southern Denmark,  
Odense University Hospital, Southwest Jutland Hospital (Esbjerg) and  
Aalborg/Farsoe University Hospital**

### **What does it mean to have a dislocated shoulder?**

A dislocated shoulder is an injury in which the head of your upper arm bone pops out of the socket that is located on your shoulder blade. This means that the shoulder joint head is totally separated from the socket. Usually, the displaced shoulder joint head needs help from a doctor to place it back in the socket again.

At the same time, damage to muscles, tendons and ligaments surrounding the shoulder joint often occur. This may lead to impaired shoulder stability. To counteract this, it is important to allow the injured structures to heal and to rehabilitate the muscles surrounding the shoulder joint.

### **Pain management**

If you experience shoulder pain, you can try non-prescription painkillers (paracetamol). If you are in doubt about what to use, please contact your general practitioner. Also, use of ice packs (e.g. a bag of frozen peas) placed on the shoulder can be helpful to reduce any pain. Remember not to put the ice pack directly on your skin, but wrap it up in a towel and place it on the shoulder for approximately 20 minutes at a time. You may repeat this every second hour.

Often, you may experience shoulder pain and soreness immediately after doing your home exercises. This is not dangerous, but rather an expression of your shoulder being used again.

### **Use of your shoulder**

It is important to use your arm as best as you can in everyday actions. However, you must respect any pain that occurs during exercises and everyday actions. In this way, only you can avoid acute irritation and overload of your damaged shoulder structures.



### **Strength training of your shoulder muscles**



To restore your shoulder strength and stability, please perform the following exercises during the next 12 weeks.



It is important that you perform all exercises with your upper body in an erect position (sternum in forward position) and with the shoulder blades slightly retracted against each other.



Do not perform exercises that exceed your pain limit or that provoke shoulder pain. If you experience pain during the exercises, then try to adjust the exercises by minimising the range of shoulder movement or reduce the resistance of each exercise.

Perform the exercises 3-4 times a week during the next 12 weeks


Exercise	Description	Picture
<b>1</b>	<p>Standing</p> <p>Push the back of your hand against a wall, continue this movement for a short while and sense that your shoulder muscles are active.</p> <p>Repeat 10 times, 2 times a day</p> <p>When the exercise above can be performed with minimal pain, go to the next level as described below:</p> <p>Place one end of a theraband tube underneath the foot opposite to your injured arm and the other end in the hand of the injured side.</p> <p>Move the injured arm obliquely outwards and up towards the ceiling with elbow extended and thumb pointing upwards.</p> <p>Lift up your arm as high as possible while working within the limits of your shoulder function and pain. Slowly lower your arm to the starting position while keeping the theraband tube slightly stretched.</p> <p>The resistance while performing this exercise should allow you to perform 10 repetitions only and not more. You can adjust the resistance by changing the tension of the theraband tube.</p> <p>Repeat 10 times, 2 times a day</p>	 

Exercise	Description	Picture
2	<p>Standing</p> <p>The elbow of the injured arm is flexed to 90 degrees, thumb points toward the ceiling, and a folded towel is placed between the elbow and the abdominal wall.</p> <p>Push the back of your hand against the wall, continue this movement for a short while and sense that your shoulder muscles are active</p> <p>Repeat 10 times, 2 times a day.</p> <p>When the exercise above can be performed with minimal pain, go to the next level as described below:</p> <p>Tie one end of a theraband tube to a door handle and position yourself with the injured arm so that the palm of your hand is facing the door. With the elbow flexed to 90 degrees, thumb pointing upwards, slowly move the forearm externally away from the door.</p> <p>Move your forearm as far as possible while working within the limits of your shoulder function and pain. Slowly move the arm back to the starting position while keeping the theraband tube slightly stretched.</p> <p>The resistance while performing this exercise should allow you to perform 10 repetitions only and not more. You can adjust the resistance by changing the tension from the theraband tube.</p> <p>Repeat 10 times, 2 times a day</p>	 

Exercise	Description	Picture
3	<p>Standing</p> <p>The elbow of the injured arm is flexed to 90 degrees, thumb points toward the ceiling, and a folded towel is placed between the elbow and the abdominal wall.</p> <p>Push the palm of the hand of your injured arm against a wall or door frame, continue this movement for a short while and sense that your shoulder muscles are active</p> <p>Repeat 10 times, 2 times a day.</p> <p>When the exercise above can be performed with minimal pain, go to the next level as described below:</p> <p>Tie one end of a theraband tube to a door handle and position yourself with the injured arm so that the back of your hand is facing the door. With the elbow flexed to 90 degrees, thumb pointing upwards, slowly move the forearm internally away from the door.</p> <p>Move your forearm as far as possible while working within the limits of your shoulder function and pain. Slowly move the arm back to the starting position while keeping the theraband tube slightly stretched.</p> <p>The resistance while performing this exercise should allow you to perform 10 repetitions only and not more. You can adjust the resistance by changing the tension of the theraband tube.</p> <p>Repeat 10 times, 2 times a day</p>	 

Exercise	Description	Picture
<p><b>4</b></p>	<p>Standing in front of a table.</p> <p>Lean forward and place both palms on the table with elbows slightly extended so that the weight of the body is distributed through both arms. You should allow as much weight as possible into the arms while working within the limits of your shoulder function and pain.</p> <p>Make the exercise harder by moving your upper body from side to side so that the weight is distributed alternatively between each shoulder .</p> <p>Repeat 10 times, 2 times a day.</p> <p>When the exercise above can be performed with minimal pain, go to the next level as described below:</p> <p>In four-point-kneeling position, alternately lift one arm and the opposite leg as far as possible while working within the limits of your shoulder function and pain.</p> <p>Repeat 10 times, 2 times a day.</p>	 

**If you need to improve your shoulder mobility you can perform the exercise below:**

<p>Standing</p> <p>Place the palm of the hand of the injured arm on a towel on a door.</p> <p>Move the arm upwards and downwards and in different directions while working within the limits of your shoulder function and pain.</p> <p>Repeat 10 times</p>	
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Remember to complete your training diary every day

This is an important component of the project results

We thank you once again for participating in this project

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We are very pleased with the contribution of all the participants

In about 12 weeks (when your exercise period is finished) you will be invited to have another examination of your shoulder function.

At this time, you will also be asked to complete a number of questionnaires - exactly as you did when you started this project.

At the follow-up visit, you will also receive guidance on how you can continue to strengthen and improve your shoulder function through movements and exercises of your shoulder.

We look forward to seeing you again – enjoy your training!