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Shoulder Pain Exercises

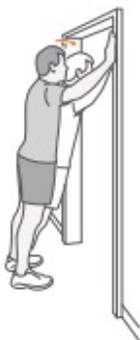


This leaflet has been provided by [Arthritis Research UK](#), the national charity committed to preventing the onset of arthritis, developing a cure for arthritis and transforming the lives of those with arthritis.

This leaflet provides simple exercises that may help with shoulder pain.

- Most cases of shoulder pain aren't caused by anything serious and will ease within 2 weeks.
- You can take [painkillers](#) to ease pain. Taking them before exercise can help you stay active without causing extra pain.
- Using an [ice pack](#), learning how to protect your joints and being aware of your posture will help cases of shoulder pain.
- Try the exercises suggested here to help ease pain and prevent future symptoms.

Door lean



- Stand in a doorway with both arms on the wall slightly above your head.
- Slowly lean forward until you feel a stretch in the front of your shoulders.
- Hold for 15-30 seconds.
- Repeat 3 times.
- Note: this exercise isn't suitable if you have a shoulder impingement.

Door press

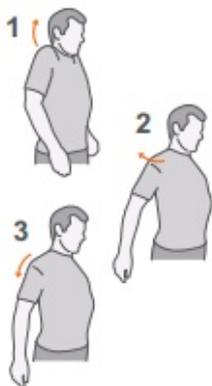


- Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the doorframe.
- Try to push your arm outwards against the doorframe.
- Hold for 5 seconds.
- Do 3 sets of 10 repetitions on each side.



- Use your other arm and, still with your elbow at a right angle, push your palm towards the doorframe.
- Hold for 5 seconds.
- Do 3 sets of 10 repetitions on each side.

Shoulder stretch



- Stand and raise your shoulders.
- Hold for 5 seconds.
- Squeeze your shoulder blades back and together and hold for 5 seconds.
- Pull your shoulder blades downward and hold for 5 seconds.
- Relax and repeat 10 times.

Pendulum exercise



- Stand with your good hand resting on a chair.
- Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion.
- Repeat about 5 times.
- Try this 2-3 times a day.

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