

Exercises for the shoulders

Arthritis in the shoulders can lead to stiffness of the joints and weakness of the muscles. This can make daily activities such as washing your hair very difficult. If this sounds familiar, you may find the below exercises help to improve the mobility of this area.

You should always build up new activities slowly. You may experience mild discomfort whilst performing these exercises. If this persists, stop immediately and consult your doctor, an osteopath or a physiotherapist. Don't force through the pain.

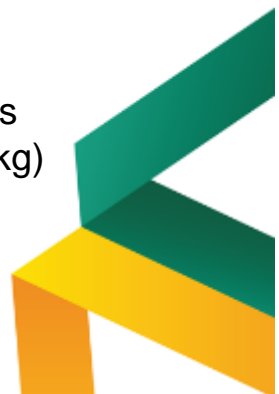
These exercises are intended to be gentle. However, if you have any concerns about whether they are suitable for you, please consult a healthcare professional before taking part.

For more information, visit: www.arthritisaction.org.uk

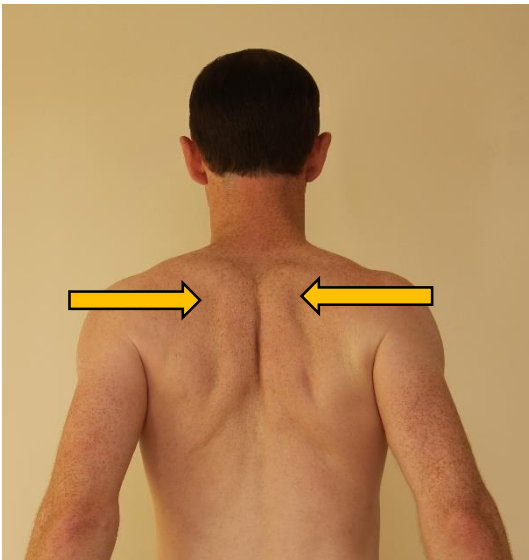
Shoulder circles (mobility)



- With one arm supporting you against a chair, lean forwards as shown in the diagram
- Slowly circle the shoulder - small circles to start with and gradually getting a little bigger
- Circle clockwise for one minute
- Repeat anticlockwise for one minute
- Repeat on the other side
- **PROGRESSION** - repeat this with a small weight (about 1kg) in your hand



Shoulder posture



When you are holding the correct posture, your arm will be relaxed at the side with the middle finger sitting down the seam on the trousers and thumbs facing forwards.

If this is not the case for you, try pulling the shoulders back, holding for 30 seconds and then relax back to the position mentioned above.

Try to hold this whenever you can. It might help to use a mirror to ensure that you are in the right position.



Wall press-ups (strength)

This exercises can improve the strength of your shoulders and upper back.

- Stand facing a wall with your feet hip width apart and about 2 feet away from the wall
- Place your hands slightly wider than shoulder-width apart on the wall
- Keep your body straight and slowly bend your elbows, lowering your chest to the wall, until your upper arms are almost parallel with the wall
- Return to the start position

PROGRESSION - move your feet 6 inches back and repeat

