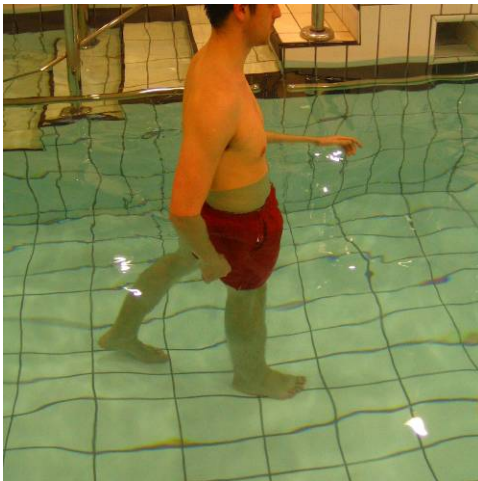


Hydrotherapy for shoulder – exercise sheet

The aim of this information leaflet is to provide you with exercises for the hydrotherapy pool, as shown to you by your physiotherapist.

If you have any questions or concerns, please speak to the physiotherapist caring for you.

Walking



Starting position

- Stand in the pool.

Action

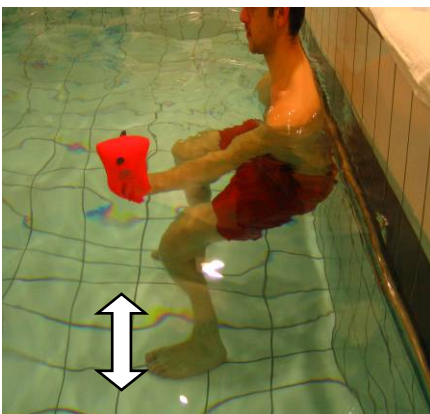
- Walk forward, backward or side to side.

Progress

- Increase your speed.
- Use paddles.
- Walk on your toes or heels.

Repeat: _____

Forward and backward movement at the shoulder



Starting position

- Semi-squat with your back to the wall and your arms down.

Action

- Raise your arms to the surface of the water in front of you, then lower them back to your side.

Progress

- Add arm bands or floats.

Repeat: _____

Outward and inward movement at the shoulder – standing



Starting position

- Semi-squat in the pool with your side to the wall, hold on to the rail with one hand and keep your other arm straight by your side.

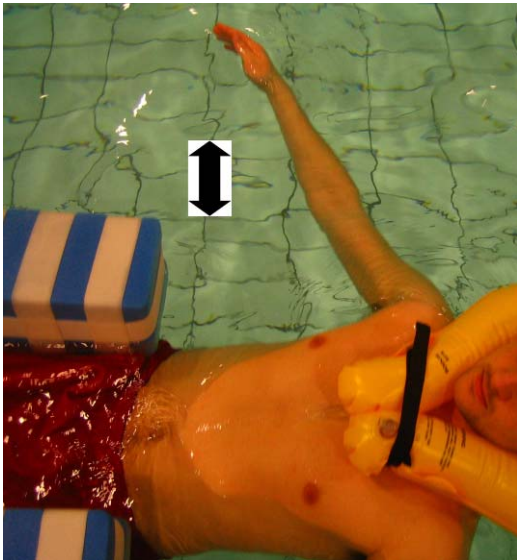
Action

- Keeping your elbow straight, lift your arm up sideways to the surface of the water, then return to your side.

Progress

- Add floats or turbulence.

Outward and inward movement at the shoulder – lying down



Starting position

- Lie on your back supported by floats with your arm by your side, and holding the rail with the other hand.

Action

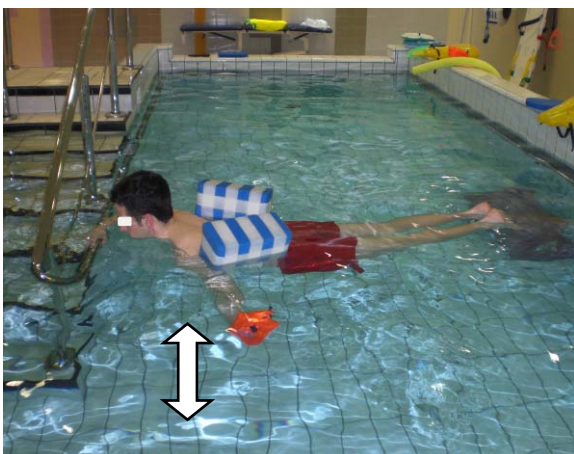
- Bring your arm out to the side along the surface of the water, then return to the starting position.

Progress

- Increase your speed.
- Use a hand paddle.

Repeat: _____

Forward and backward movement at the shoulder



Starting position

- Lie on your front supported by floats, with one hand holding onto the rail.

Action

- Move your arm down into the water, then return to the surface.

Progress

- Increase your speed.
- Use floats.

Repeat: _____

Shoulder pendulum



Starting position

- Stand in the pool with your side to the wall, hold on to the rail, lunge forward and lean over your leg with your arm in front of you.

Action

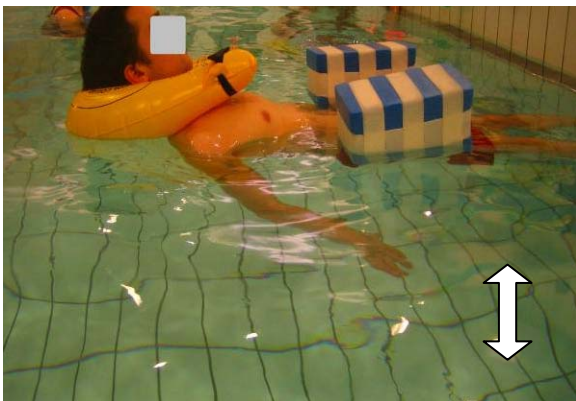
- Move your arm backward and forward.

Progress

- Increase your speed.

Repeat: _____

Backward movement at the shoulder



Starting position

- Lie on your back supported by floats with your arms by your side.

Action

- Keep your arms straight and push them down into the water, then return to the surface.

Progress

- Place your hands behind your back and use a paddle.

Repeat: _____

Internal and external rotation at the shoulder



Starting position

- Stand in the pool with your arm bent outward to a 90° angle. Keep your arm by your side.

Action

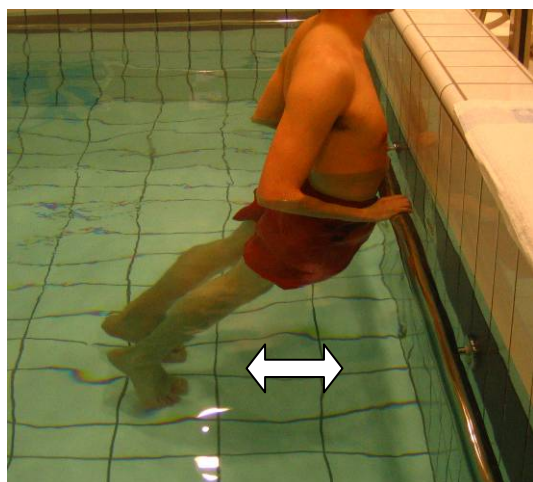
- Bring your bent arm across your stomach and then back to the starting position.

Progress

- Increase your speed.
- Hold a bat paddle (as shown).

Repeat: _____

Wall press



Starting position

- Stand facing the pool wall with your hands on the rail.

Action

- Bring your chest towards the wall by bending your elbows, then go back to the starting position.

Progress

- Increase your speed.
- Move your feet apart.

Repeat: _____

Contact us

If you have any questions or concerns about your hydrotherapy exercises, please contact your physiotherapist at **Guy's on 020 7188 5101** or **St Thomas' on 020 7188 5095**, Monday to Friday, 8.30am to 4.30pm. Out of hours, please contact your GP.

Useful sources of information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. w: www.nhs.uk

Leaflet number: 3839/VER2

Date published: March 2017

Review date: March 2020

© 2017 Guy's and St Thomas' NHS Foundation Trust