Physiotherapy exercises following upper limb intervention
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Instructions for your rehabilitation

This booklet will explain your rehabilitation following:

IMPORTANT

Only complete the exercises which are marked in the boxes and have been explained to you by your physiotherapist.

Do not attempt any of the other exercises.

- For all of these exercises you may feel a gentle stretch or some mild discomfort, however the exercises should not be very painful.
- You should aim to gain as much movement as possible at each joint.
- All movements should be completed slowly and with control.
- Try to keep your trunk still whilst completing each movement.
- Try to hold each stretch for 30 seconds.
Active neck exercises
Ensure you keep your neck moving regularly.
Sit or stand.

1. Look up to the ceiling.

2. Look down to the floor.

3. Look left and then right.

4. Move your ear towards your shoulder.
Repeat to the other side.

Complete each exercise____________times.

Complete____________sets of each exercise.

Additional Comments:
______________________________________________________________
______________________________________________________________
______________________________________________________________
Active shoulder exercises
Ensure you keep your shoulders moving. Sit or stand.

1. Keeping your elbow straight, lift your arm up in front of you. Gradually lower back down.

2. Keeping your elbow straight, lift your arm out to the side. Lead with your thumb up to the ceiling. Gradually lower back down.

3. Have your elbow bent at 90°. Keep your elbow touching your ribs. Move your hands out to the side. Return to starting position.

Complete each exercise___________times.

Complete____________sets of each exercise.

Additional Comments:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
**Pendular shoulder exercises**

Ensure you keep your shoulders moving.

Stand beside a firm support and lean onto it with your unaffected arm.

Stoop forward as far as possible, letting your affected arm hang loosely down from your body.

Swing your arm:

1. Forwards and backwards.

2. Side to side.

3. In clockwise circles.

4. In anti-clockwise circles.

Complete each exercise______________times.

Complete______________sets of each exercise.

Additional Comments:

______________________________________________

______________________________________________

______________________________________________
Active elbow exercises

Ensure you keep your elbow moving.
Sit or stand.

1. Bend your elbow so that your palm raises to touch your shoulder.

2. Lower your hand back down so your elbow is as straight as possible.

Sit with your forearm supported by a table.
Keep your elbow on the table at all times during the exercise.

1. Turn your hand so that your palm faces the ceiling.

2. Turn your hand so that your palm faces the table.

Complete each exercise __________ times.

Complete __________ sets of each exercise.

Additional Comments:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Active wrist exercises
Ensure you keep your wrist moving.
Sit or stand.

1. Bend your wrist so that your fingers point to the ceiling.

2. Bend your wrist so that your fingers point to the floor.

3. Move your hand from side to side like you are waving.

Complete each exercise______________times.

Complete______________sets of each exercise.

Additional Comments:
_____________________________________________________
_____________________________________________________
_____________________________________________________
Active finger exercises
Ensure you keep your fingers moving.
Sit or stand.

1. Move your thumb to touch the tips of each finger.

2. Move your thumb to touch the base of your little finger. Then spread it back out to the side.

3. Squeeze your hand into a fist. Hold for 10 seconds

Complete each exercise_____________times.

Complete_____________sets of each exercise.

Additional Comments:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Contact details
If you have any questions about your rehabilitation, please contact St Thomas’ Trauma Orthopaedic Physiotherapy Department.

**t:** 020 7188 7624  9am to 4.30pm, Monday to Friday.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

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

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Members of Guy’s and St Thomas’ NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.
**t:** 0800 731 0319  **e:** members@gstt.nhs.uk
**w:** www.guysandstthomas.nhs.uk/membership