

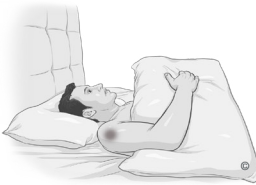


Home Advice and Exercise Prescription

Acute Phase

- Avoid or minimize any aggravating activities (e.g., overhead reaching, as well as lifting and carrying heavy objects). Wear clothing that is easy to put on and take off (e.g., wear button-front shirts rather than pullovers). Sleep on your uninvolved side or on your back with the affected arm supported (see the images below).

Sleeping Posture for Right Shoulder Pain



Sleeping Posture for Left Shoulder Pain



- Apply ice over the affected region for about 10 minutes, several times a day for pain control. Ice can be applied as often as every hour.
- Avoid shoulder immobilization (e.g., avoid using an arm sling as it may contribute to the development of frozen shoulder).
- Perform the Shoulder Isometric Exercises. Stop the exercises if they worsen your symptoms and inform your health practitioner.

Subacute and Rehabilitation Phase

- Continue to avoid or minimize any aggravating activities. Continue to wear clothing that is easy to put on and take off.
- Continue to perform the Shoulder Isometric Exercises.
- Gradually progress to the Shoulder Eccentric Exercises.
- Stop the above exercises if they worsen your symptoms. Apply ice and inform your health practitioner.

Additional Notes:

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