



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

Our OPT-IN Physiotherapy Service.

At the heart of all physiotherapy treatment is education offering you the best possible advice to help you self-manage your recovery.

What is it?

It is a **6 month open appointment**. It allows you to access further support from your physio if needed – this could be over the telephone, video or by organising another appointment back in clinic. Your physio will guide you as to which is the most appropriate for you.

You do not need a re-referral from your GP during this period.

How does it work?

After carrying out the advice and exercises provided, if you need any further assistance from your physiotherapist simply contact us on 0300 555 0123

What are the benefits of opt-in?

- By using the advice and exercises provided you will be able to manage your rehabilitation at home with the reassurance that further help is available.
- It promotes self-management and independence by increasing your knowledge on painrelieving strategies and encourages you to remain active.

What happens in 6 months?

6 months gives you time for the advice and exercises to take effect, whether it be increasing flexibility, strength or implementing your self-management strategies. You should, however, feel that you are making progress. If this is the case then please keep going, you are on the right path. If you are not improving as expected then please contact us for a review as there may be things we can advise and change, or discuss if you may need further management.

After **6 months**, if we have not heard from you, we will assume that you are better or managing your symptoms and we will discharge you from our service.

Our contact details:

Dynamic Health Service Telephone No: 0300555 0123

Dynamic Health Website: www.eoemskservice.nhs.uk

We really value your input, please provide us with feedback about our Service: <https://bit.ly/36o67pT>

Anterior Deltoid re-training

The rotator cuff is a group of 4 muscles and tendons which arise from the shoulder blade and join together on the head of the humerus, the bone at the top of the arm, to form a cuff around the ball and socket joint (glenohumeral joint) of the shoulder.

The function of these muscles is to provide strength and stability during the motion of the shoulder joint, and are involved in almost every movement of the shoulder.

As a result of prolonged overuse and wear and tear, the rotator cuff muscles may become completely torn making movement of the shoulder, particularly elevating the arm, very difficult.

The deltoid muscle, a powerful muscle on the outside of the arm, can be re-educated to compensate for the torn rotator cuff to aid in reducing pain and increasing movement of the shoulder.

The following exercises should be performed in accordance with the instructions given in this guide.

Mild discomfort is allowed during these exercises, however you should not experience sharp/severe pains. If you are unable to complete these exercises, please contact the physiotherapy department.



Exercise 1

Lying on your back, bend your elbow to 90 degrees with the elbow supported on the bed.



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You can support your elbow in pillows as shown in the picture to begin with if this is more comfortable.

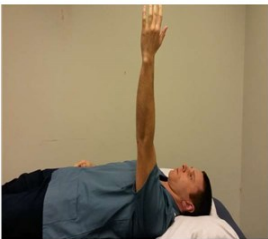


©PhysioTools

Raise your arm straight into the air, keeping your hand, elbow and shoulder in line.

Repeat this movement 5 times, then rest for 3 minutes.

Repeat this process for 3-5 sets

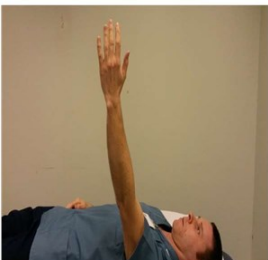


©PhysioTools

Exercise 2

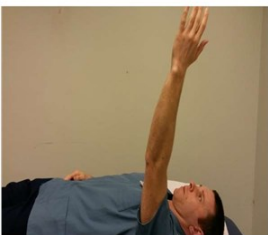
When you can complete the previous exercise, progress onto this exercise.

Raise your arm straight into the air.



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Move the arm gently forwards as shown in the picture



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Then move the arm gently backwards as shown in the picture.

Lower your elbow back down to the bed. This completes 1 repetition.

Repeat this 5 times, then rest for 3 minutes.

Repeat this process 3-5 times



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Exercise 3

When you are able to complete the exercises lying down, progress to a sitting position.

Support yourself in a sitting position with cushions and position yourself with your elbow bent at 90 degrees.



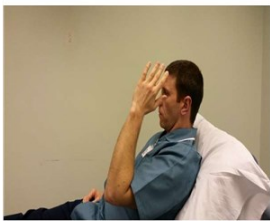
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Move the forearm gently forwards.



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Raise your arm, attempting to bring the elbow in line with the shoulder



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Then, move the forearm gently backwards.

Bring the elbow back down to the starting position. This completes 1 repetition.

Repeat this 5 times, then rest for 3 minutes.

Repeat this process 3-5 times.

When you are able to complete 3-5 sets, you can use a small weight (i.e. bottle of water/food tin) to make this more challenging.



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Exercise 4

When you are able to complete the previous exercise, progress onto this exercise.

Sit on a chair with your forearm resting on a pillow as shown in the picture.



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Push your elbow gently into the pillow and raise your forearm away from the pillow as shown in the picture, then place gently back down.

Repeat this 5 times, then rest for 3 minutes.

Repeat this process 3-5 times.



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Exercise 5

When you are able to complete the previous exercise, progress onto this exercise.

Sit on a chair with both elbow supported on a pillow.

Hold a resistance band in both hands as shown, with you palms facing one another.

Pull the band apart, then gently relax.

Repeat this 5 times, then rest for 3 minutes.

Repeat this process 3-5 times



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The position shown in the picture is the resting position for this exercise.



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Exercise 6

When you are able to complete the previous exercise, progress onto this exercise

Place a resistance band over the top of a door and close the door to secure it. It may help to tie a knot in the end of the band so that it does not pull through the door.

Raise your affected arm and take hold of the band as high as you can.



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Pull down the band as far as you can with your affected arm.



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Pull the band further down with your good arm.



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Then, take hold of the band with your affected arm and allow it to pull your arm back up in a slow and controlled manor.

Repeat 5 times, then rest for 3 minutes.

Repeat this process 3-5 times
