

Shoulder Injury

You have been given this information leaflet because you have been diagnosed with a shoulder injury.

You will likely have been told you have suffered from a sprain or a muscle injury. A sprain is an injury to a ligament, the band-like structures around joints, which attach bones together and give support to joints. A ligament can be injured, usually by being over-stretched during a sudden pull, but may have occurred during a fall.



Symptoms of a sprain can include:

- pain around the affected joint
- being unable to use the joint normally
- swelling
- bruising
- tenderness

Treating a Shoulder Injury

Minor sprains and strains can usually be treated with self-care techniques, such as PRICE therapy (protection, rest, ice, compression and elevation). Generally, you should try to start moving a sprained joint as soon as it is not too painful to do so.

For the first 48-72 hours think of:

- PRICE – Protect, Rest, Ice, Compression, Elevation.
- Do no HARM - no Heat, Alcohol, Running or Massage.

The following exercises may help:.

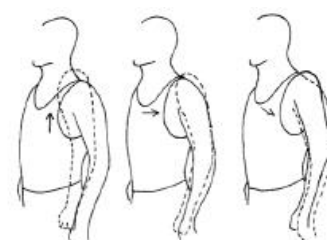
Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times, try this 2-3 times a day.



Shoulder stretch

Stand and raise your shoulders. Hold for 5 seconds. Squeeze your shoulder blades back and together and hold for 5 seconds. Pull your shoulder blades downward and hold for 5 seconds. Relax and repeat 10 times.



continued over the page

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Door press

Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions.



Recovering from a Shoulder Injury

Your recovery depends on the type of injury you have sustained. You may be referred to a shoulder specialist or physiotherapist, however most minor sprains will improve over a few weeks.

Further Information

For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW

The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG

Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

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