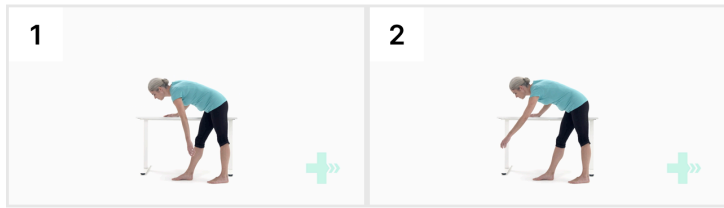


Shoulder stretches to start from the day of the hydrodistension injection

1. Pendular shoulder swing

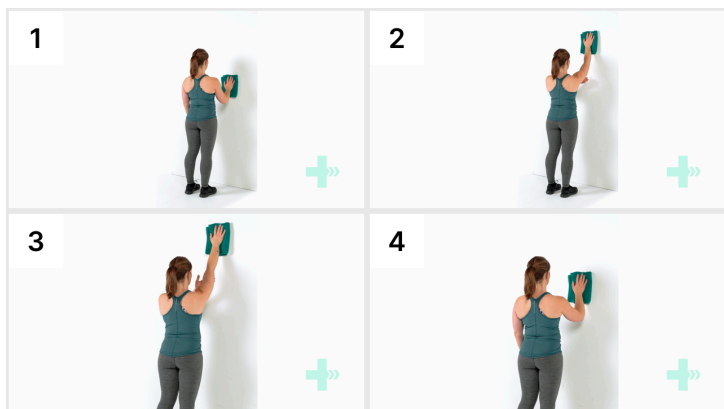


Lean onto a table with your good arm, letting your affected arm dangle forwards in front of you. Using gentle movements of the body, let this arm swing backwards, forwards, side to side, and in circles.

The more you lean your body forwards, the more you will stretch your arm. It is very important to move the shoulder into a range that feels like a stretch/ an ache/ discomfort to allow a gradual increase in range of movement.

Do for a minimum of 30 seconds to 2 minutes, at least 4 times per day.

2. Wall slide - Shoulder flexion stretch



Stand facing a wall with your arm by your side, and with your elbow bent.

Place a small towel between the wall and your hand.

Slightly press your hand against the wall.

Slide the towel directly up the wall.

Keep your shoulder relaxed and level.

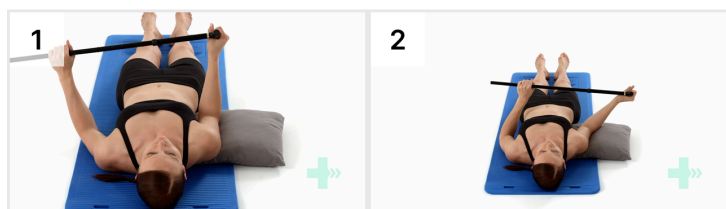
When you reach the highest possible position, hold for a moment.

Assist with your other hand and try to reach even further up. It is very important to stretching into the "tightness"/ "discomfort" to improve the range of motion.

Control the movement as you lower your arm back to the starting position, still slightly pressing the hand against the wall.

Do for a minimum of 30 seconds to 2 minutes, at least 4 times per day.

3. Shoulder external rotation stretch



Lie on your back.

Hold a broom stick/ umbrella in both hands with both elbows at a right angle.

Use your good arm to push the stick across your body towards your painful arm, turning the arm outwards.

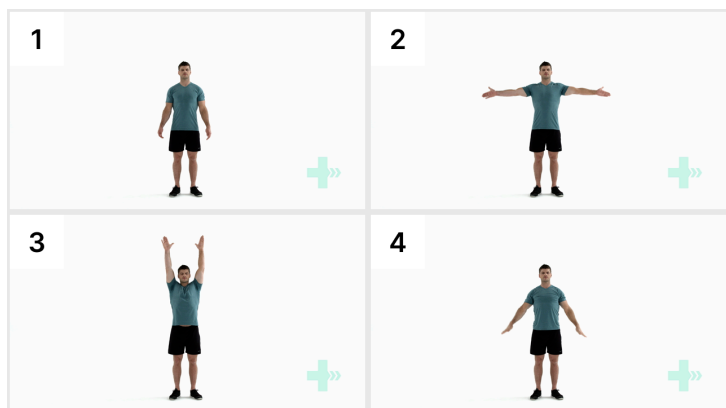
You should feel a stretch at the front of your shoulder.

Do not allow your upper arm to move away from your body.

Hold this position. It is important to stretch into the "tightness"/ "discomfort" to improve the range of motion.

Do for a minimum of 30 seconds to 2 minutes, at least 4 times per day.

4. Shoulder abduction

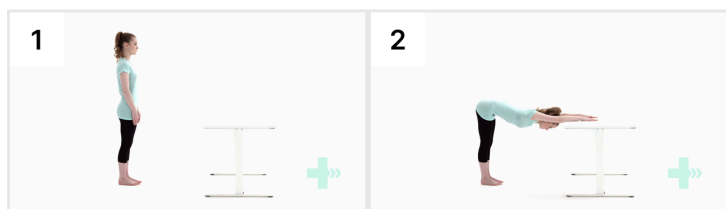


Lift arm of the injected shoulder out to the side. With an umbrella/ broomstick in other hand, push the arm of the injected shoulder further out to the side/ over head into the "tightness"/ "discomfort".

Hold for a few seconds.

Do repetitions of this over 30 seconds - 2 minutes, and do at least 4 times per day.

5. Shoulder flexion stretch, hands on table



Stand in front of a table or work surface.

Place your hands on the edge of the table.

Slide your hands forwards, bending at the hips to lean your body.

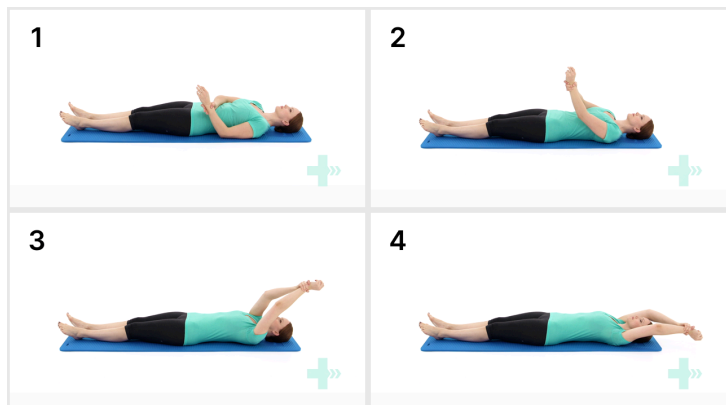
Aim to have your head tucked between your arms.

It is important to stretch in to the "tightness"/ "discomfort" to allow improvement in range of motion.

Hold this position before you slowly stand up.

Do for a minimum of 30 seconds to 2 minutes, at least 4 times per day.

6. Shoulder flexion stretch



Lie on your back holding the wrist of your painful arm firmly with your other hand. .

Lift your arms up towards the ceiling, using your good arm to assist.

It is important to stretch the arm into the "tightness"/ "discomfort" to improve the range of motion.

Do for a minimum of 30 seconds to 2 minutes, at least 4 times per day.