

Patient information

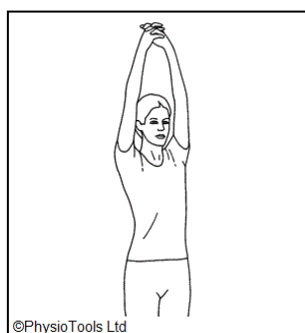
Exercises for Shoulder MUA (manipulation under anaesthetic)

This information is to help you following your manipulation under anaesthetic. The aim of the procedure is to help restore shoulder range of motion, and early active rehabilitation helps to retain the motion gained under anaesthetic.

- Start to move your shoulder as soon as possible once nerve block has worn off
- Use your arm and shoulder for everyday activities
- Wear your collar and cuff for comfort, but try to remove this within a few days.

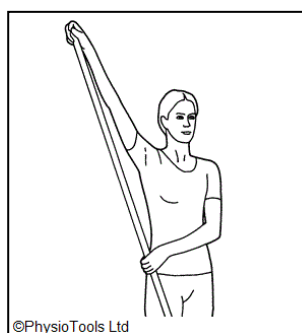
Exercises

Below you will see some exercises that you must start as soon as possible following the procedure. They are designed to help improve your range of movement in all directions. Repeat 3-4 times daily.



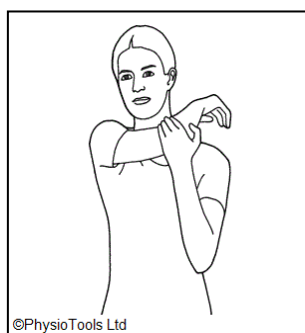
Stand with hands clasped or holding a stick.

Raise your arms forward above your head. Slowly bring them down.



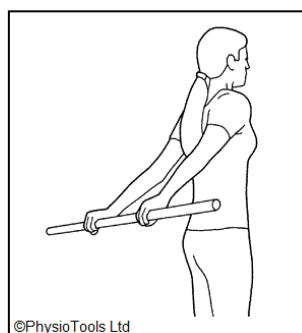
Stand holding a stick with the arm to be exercised.

Lift the stick sideways using the other arm to help.



Sit or stand.

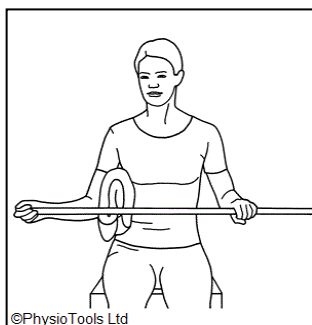
Stretch one arm over the opposite shoulder gently pushing at the elbow with your other arm.



Stand holding a stick behind your back.

Lift the stick away from your back.

Exercises continued...



Sitting, with your elbow tucked by your side.

Holding a stick, move the arm outwards. Keep your elbow by your side.



Let your arm hang down by your side, and then gently move it round in circles, and backwards and forwards.

Queries or concerns

If you have any queries you should contact your physiotherapist, or you can speak to the Physiotherapy Department on 01284 713300.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:
<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>