



Physiotherapy department

Exercises for patients having radiotherapy to the shoulder and chest wall

Radiotherapy is an important part of the modern treatment of cancer. Generally, the treatment is effective and safe. However, some patients may develop discomfort or stiffness around the shoulder.

Shoulder Joint: maintaining your range of movement

Set A: Warm up exercises - these exercises should be performed sitting

1. Hand on shoulder: lift elbow out to side and down.



2. Hand on shoulder: lift elbow forwards and down.



3. Hands clasped behind neck, and keeping head straight: stretch elbows out to side.



4. Hand behind back: reach up back as far as possible.

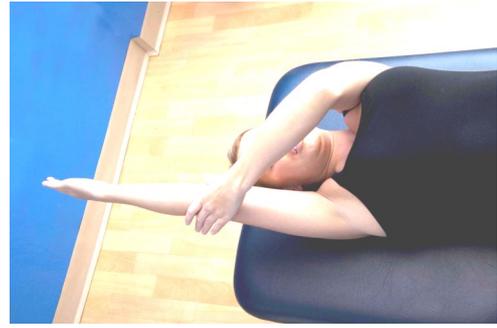


- Repeat each exercise **five times**.
- Repeat each set **three times a day** before performing main stretching exercises on the next page

Set B: Stretching exercises - these exercises should be performed lying down

1. Arm by side:

lift arm forwards above head, keeping elbow straight. Give a gentle push with the other arm to gain extra movement.



2. Arm by side:

lift arm out to side and continue upwards towards head.



3. Hands behind neck:

lower elbows until they reach the bed.



- For each exercise **hold position for a count of 20.**
- Repeat each exercise **ten times.**
- Repeat each set **three times** a day until eight weeks after the completion of radiotherapy.

If, after eight weeks you experience pain, stiffness and / or swelling in your shoulder, hand or arm please contact the physiotherapy department for advice on **0161 446 3795.**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

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For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centres at Withington, Oldham or Salford.

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