Your shoulder can become stiff as a result of treatment. Doing these exercises will help prevent or minimise stiffness and discomfort.

**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 3 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 3 times a day until 8 weeks after the completion of radiotherapy.

If, after 8 weeks you experience pain, stiffness and / or swelling in your hand or arm please contact the physiotherapy department for advice:

   Tel: 0161 446 3795