

Shoulder Mobility Class

Patient Information

Physiotherapy Services

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Introduction

You have been referred to the Shoulder Mobilising Class as your physiotherapist feels you may benefit from regular, structured exercise sessions in a group environment.

The class is used to assist in regaining range of motion in the stiff shoulder which may be secondary to a 'frozen shoulder' or a period of immobility post injury.

The class is overseen by two physiotherapists and consists of ten exercise stations, at each of which, you spend four minutes. There is also a 'hands on' station where you will receive manual treatment to help with pain and any specific movement restrictions.

Aims

The aims of this class are to help maintain and restore movement and function in the affected arm via supervised exercises. It is an option for patients wishing to avoid 'invasive' procedures and is done in an inclusive and supportive environment. We use a short validated questionnaire pre and post class to evaluate outcomes.

Risks

With most conditions that are seen in physiotherapy, a stiff shoulder may also be painful. Some of the exercises that we do in the class may be sore; we suggest that you pace yourself with these exercises initially. Rarely, you can, feel pain for 2-3 days after the class; typically there will be an ache for 1-2 hours following the class. This can be managed by your usual pain relieving medication and any concerns can be discussed with the physiotherapists leading the class.

Benefits

Research shows that performing exercises in a class environment can lead to improved outcomes. It offers social leads to increased function and range of movement. You will receive weekly physiotherapist contact and coaching on exercises. The class itself was based on research to evaluate the effect of exercise in frozen shoulder and was shown to make a positive difference.

What do I need to do

Please attend wearing loose comfortable clothing. We also ask that you bring any questionnaires that your physiotherapist has given you to complete prior to the class, along with any reading glasses you require.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: wwl.nhs.uk

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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