



Ipswich Hospital patients:
Physiotherapy Department
Tel: 01473 703312

Colchester Hospital patients:
www.ahpsuffolk.co.uk/referral/
Tel: 0333 043 3966



**East Suffolk and
North Essex**
NHS Foundation Trust

Advice and exercises for after your hydrodilataion

A recent audit has shown that regular physiotherapy following a hydrodilataion doesn't improve recovery. We are therefore not booking routine physiotherapy for you following this procedure.

However if, two weeks after the hydrodilataion, you have not had some improvement in your pain or range of movement or pain is significantly affecting your sleep:

- If you are an Ipswich Hospital patient, please call the Physiotherapy department on the above number to arrange an appointment.
- If you are a Colchester patient, please self-refer to ACE using the link or telephone number above.

The following advice and exercises should help to alleviate your shoulder pain and regain movement and strength following your hydrodilataion treatment for frozen shoulder.

Heat

Heat can be useful if your shoulder is achy, stiff and painful following your hydrodilataion procedure. It is also beneficial before you complete your exercises. A hot water bottle or wheat bag can be used as the heat source. Please protect your skin by covering it with a towel. Heat should be applied for 20–30 minutes but should be removed immediately if the heat feels uncomfortable. This can be repeated 2–3 times daily or more frequently if

required. Please use with caution if you have poor circulation or diabetes as you may not be able to feel the full effect of the heat.

Pain relief

Taking regular pain relief medication can maximise comfort and allow you to continue with your normal activities. Please follow the instructions on the packet. You can stop taking the pain relief as soon as you feel your shoulder is comfortable and you are not limited in your daily activities.

Pulley

A shoulder pulley, which can be purchased on the internet, may help improve your movement, but is not essential.

Exercises

Try to do all the following exercises little and often throughout the day. It is better to do two or three different exercises more regularly than all of them in one go. Please aim to complete some of the exercises approximately five times a day.

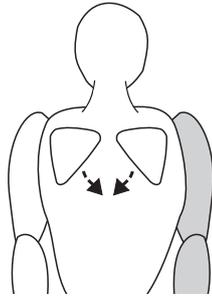
Start with five repetitions of each exercise and increase to 10 as you are able. Mild discomfort while exercising is expected as you will be stretching your shoulder.

However, if a particular exercise increases your pain and continues once you have stopped the exercise leave it out and continue with the others.



1 Shoulder blade setting

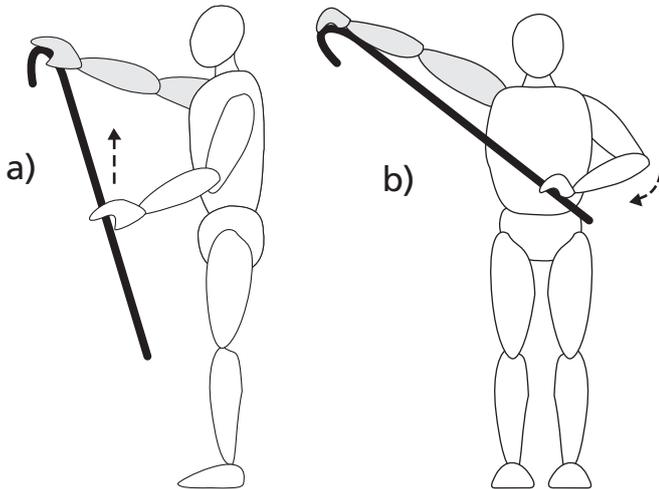
Sit or stand up tall. Gently tuck your shoulder blades back as if trying to make your shoulders broader. Hold for 10 seconds. Try to do this regularly whatever you are doing.



2 Stick-assisted exercises

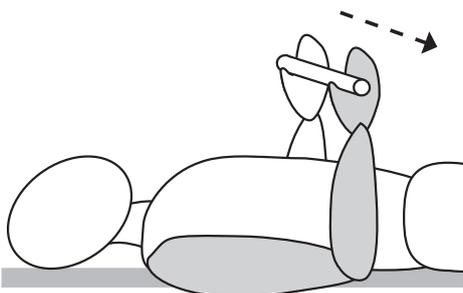
Hold a stick or umbrella in your hands. Use your good arm to push your bad arm up above your head:

- In front of your body and up.
- Out to the side of your body and up.



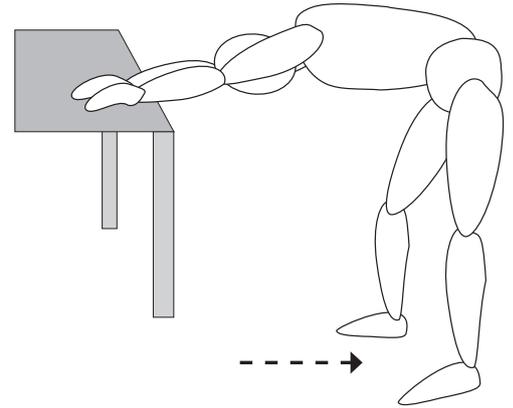
3 External rotation

Lie on your back with your elbows bent. Hold a stick and push the hand of the affected arm out to the side whilst keeping your elbow close to the body.



4 Table lean

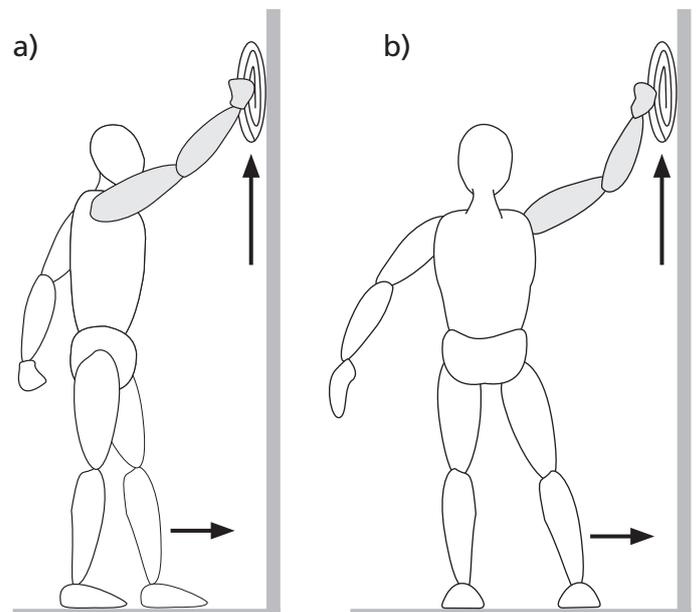
Stand with your hands on a table. Slowly walk backwards letting your body lean forwards, leaving your hands on the table.



5 Wall slides

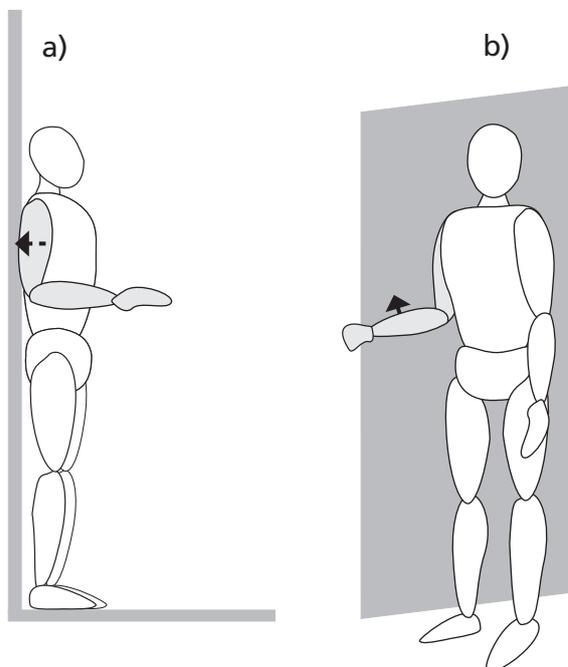
Place a ball or a towel on the wall with your affected hand.

- Stand facing the wall. Step forward and slide the towel upwards. Then step back and slide the towel down again.
- Stand with your affected arm side-on to the wall. Step sideways towards the wall as you slide the towel upwards. Then step sideways, away from the wall, and slide the towel down again.



6 Resisted strength

- a) Stand with your back to the wall and push your upper arm into the wall.
Hold for 10 seconds.
- b) Stand side on to the wall with your forearm in contact with the wall.
Push into the wall and hold for 10 seconds.



Please ask if you need this leaflet in an alternative format.

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