

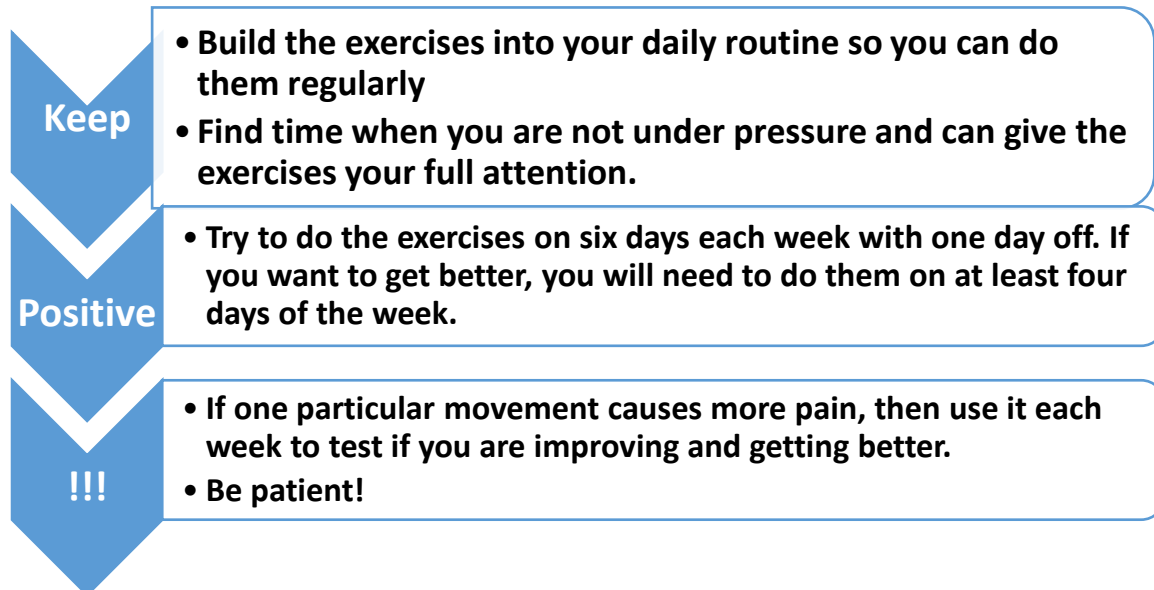


**Working together to achieve the healthiest life possible for everyone in Ayrshire and Arran**

## Exercise

Exercise has consistently been shown to improve symptoms associated with a painful shoulder, however it is important to remember that there is no magic recipe for what exercises you should perform.

No matter what the exercise is, the key to success and get the most out of your exercises is to:



You may find that these exercises slightly increase your symptoms initially. However you should find that the exercises themselves become easier to do and that you begin to move your shoulder more easily.

***A rehabilitation programme starts with easier exercises and then needs to be progressed until you are able to do the activities you need to do with less pain, so don't give up too early!***

These exercises can take up around 12 weeks for you to notice a great improvement. If your shoulder does not improve over 12 weeks, or gets worse despite the exercises, then please contact your health professional.