



Personal exercise program
PERSONAL EXERCISE PROGRAM FOR CLAVICLE, SHOULDER A...

NHS Greater Glasgow & Clyde
 Royal Alexandra Hospital
 Corsebar Road, PA2 9PN, Paisley, United Kingdom

Provided by Louise Wilkie
 Provided for
 Training start date 23/06/2022



Sitting straight-backed
 Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.
 Repeat 5 - 10 times.
 Times/day 3 - 4 times

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Sitting
 Turn your head to one side until you feel a gentle stretch. Hold approx. 5 - 10 secs. Repeat to other side Do not force.
 Repeat 5 times.
 Times/day 3 - 4 times

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Sitting
 Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx. 5 - 10 secs. Repeat to other side Do not force.
 Repeat 5 times
 Times/day 3 - 4 times

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Sitting
 Bend your head forward until you feel a gentle stretch behind your neck. Hold approx. 5 - 10 secs
 Repeat 5 times.
 Times/day 3 - 4 times
 Do not force

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Sitting
 Bend your head backwards as far as is comfortable. Hold approx. 5 - 10 secs.
 Repeat 5 times.
 Times/day 3 - 4 times
 Do not force or repeat if dizzy

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Stand or sit.
 Move your shoulder blades gently down and together (small movement). Do not pull the shoulders back as your Clavicle (Collarbone) should remain still.
 Hold 5 seconds.
 Repeat 5 times Do this every time something frequent happens eg mobile rings, news/traffic report on radio.

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Stand.
 Bend your elbow and then straighten your elbow
 Repeat 5-10 times Every few hrs. Do not force
 Also hold arm as straight as you can 1min x5 Feel the stretch at the elbow Repeat a few times a day
 Massage your biceps muscle & tendon 5-10 mins (use some moisturiser) 1-2 x daily

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Stand with your elbow bent and palm turned down.
 Turn your palm up and down rotating your forearm.
 Repeat 5-10 times. Every few hours. Do not force.
 Ensure that your arm is supported well in your sling to offload your Clavicle (collarbone)/ Humerus (arm bone) as it heals.

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Forearm supported on a table, hand relaxed over the edge.
 Extend the wrist and clench your fist - relax and let your hand drop.
 Repeat 10-20 _____ times 3-4x daily

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a) Elbow or back of your hand on a table.
 Put your thumb against each fingertip in turn.
 Repeat 10-20 _____ times. 3-4x daily
 b) Practise picking up small objects.

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Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.
 Make a fist (thumb over fingers). Straighten your fingers and bring them apart.
 Repeat 10-20 _____ times. 3-4x daily

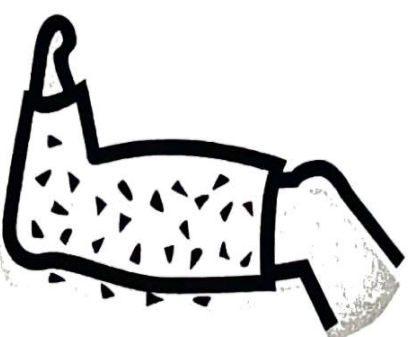
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Palm on a table.
 Spread fingers and bring them together.
 Repeat 10-20 _____ times. 3-4x daily

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Fracture Clinic Physiotherapy Service



Royal Alexandra Hospital
Corsebar Road
Paisley

Personal exercise programme for Clavicle,
shoulder and Humeral shaft fractures referred to
Virtual Fracture Clinic