

## Personal exercise program

NHS Ayrshire & Arran

University Hospital Ayr

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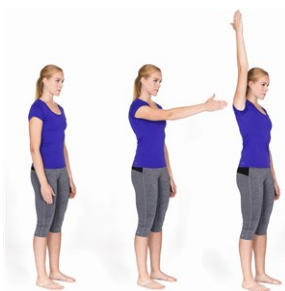
Provided by Brian Scarisbrick  
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Patients have reported having a painful shoulder for a few days following vaccination, this is **NORMAL**.

We advice doing the following exercises 2 or 3 times a day to speed up your shoulder recovery.

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### Shoulder Flexion

Stand up straight with arms by your sides.

Lift one arm forward and up with the thumb leading the movement. Lower the arm back to the starting position.

Repeat   10   times. 3 sets



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### Shoulder Abduction

Stand up straight, with arms by your sides.

Lift your arm to the side and up with the thumb leading the movement. Lower the arm back to the starting position.

Repeat   10   times. 3 sets



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### Cross Body Stretch

Stand up tall or sit up straight.

Take one arm across your chest into and place the hand over the opposite shoulder. Push slightly further with your other hand until you feel a stretch in the back of your shoulder.

Hold for   5   seconds. repeat 3 times.



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Do you have muscle or joint pain?

To access self-management information, videos and exercises please visit our website:

<https://www.nhsaaa.net/musculoskeletal-service-msk/>

or search for '**NHS Ayrshire & Arran Musculoskeletal Service**' on the internet.