

Physiotherapy Department

Patientline exercise programme

The following exercises are one of a series of four programs recommended during your stay at Addenbrooke's Hospital. It complements the exercises available to view on your Patientline monitor. You are advised to consult your ward physiotherapist before starting these exercises.

2. Upper body exercises

a) **Arm elevation**

Ensure you are sitting in a good posture with your back straight and tall, shoulders back and head looking forwards. Slowly and in a controlled manner take both arms forwards and up, finishing with them above your head. If this is difficult, it may be easier if you clasp your hands and take both arms up together.

b) **Shoulder elevation/depression**

Again check your posture first, ensuring it is as above. Then, raise the shoulders up towards the ears, taking care not to let them come forwards. Bring them back to your resting position then draw them downwards, again trying to keep them in the middle and taking care not to slouch your body forwards.

c) **Shoulder protraction/retraction**

Continuing with the posture described above, take your hands to your ears with your elbows at eye level. Bring your elbows together in front of you, trying to keep elbows at eye level. Having done this, take your elbows away from each other, squeezing your shoulder blades together. If getting your hands to your ears is too difficult, you can do the motion by your shoulders alone.

d) **Elbow flexion/extension**

Continuing as above, resting your arms at your side, bend then straighten your elbows.

e) Horizontal shoulder/elbow flexion/extension

In sitting with your back straight, take your hands to shoulder level then punch alternate arms forwards. Aim to keep your arms at shoulder level, whilst maintaining a good, upright posture. If this is too difficult, again try clasping your hands and taking both hands forwards together.

f) Neck movement

Check you are sitting in a good posture with a straight back, your shoulders back and head looking forwards. Turn your head gently to look to your side, then return to the middle before repeating to the other side. Next, drop your head down with your chin to your chest before coming back to the middle then looking upwards. Finally drop one ear down to your shoulder- ensure you keep your shoulder still. Bring your head back to the middle then repeat to the other side.

This project was developed by Caroline Stoneham, Senior Physiotherapist, from an original idea conceived by Duncan Forsyth, Consultant Geriatrician, and has been supported by a grant from Addenbrooke's Charitable Trust (ACT).



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

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Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

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Cantonese

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Turkish

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Bengali

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