

Upper limb (shoulder, hand, wrist, or forearm) exercises

Information for patients from Accident and Emergency (A&E)

Please speak to a healthcare professional before following the advice below

You have injured your upper limb and the doctor/nurse who saw you in A&E or the urgent treatment centre feels that the following exercises may help your recovery.

These exercises are necessary to:

- keep your shoulder, elbow, wrist, and finger joints from stiffening up
- maintain some strength in your arm and hand muscles; and
- minimise painful swelling by improving your circulation.

Shoulder exercises

- Lift your arm out sideways and then high above your head. Repeat 10 times.
- Lift your arm forwards and then high above your head. Repeat 10 times.
- Lean forward, resting your good arm on a flat surface such as a table (see exercise 1).
- Hang your bad arm down like a pendulum. Circle your bad arm 10 times one way and then 10 times the other way.
- Repeat until your arm starts to ache.



Exercise 1

Shoulder, elbow, and wrist exercises must be done at least three times a day



Wall walking exercises

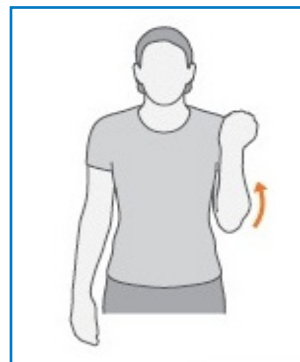
- Stand facing the wall (see exercise 2).
- With your fingers resting gently on the wall, walk them up as far as you can (plaster allowing).
- If the plaster feels heavy and your arm weak, use your good arm to support the other under the elbow and then perform the wall walking.



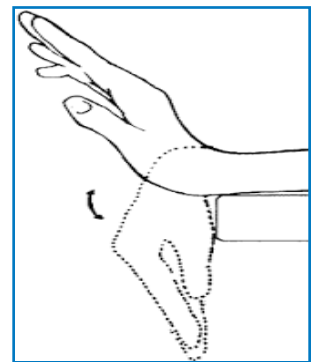
Exercise 2

Elbow and wrist exercises

- Bend your elbow as far as you can and then straighten it (see exercise 3). Repeat 20 times.
- Bend your wrist as far as you can and then straighten (see exercise 4). Repeat 20 times.



Exercise 3

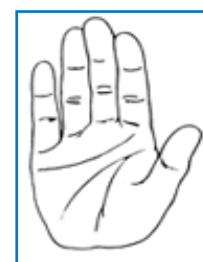


Exercise 4

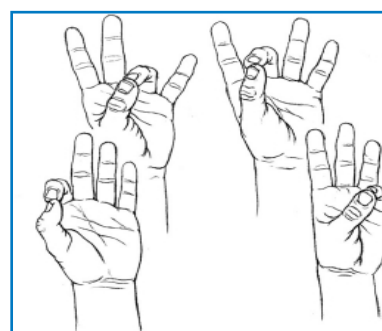
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Finger exercises

- Curl all four fingers in to a fist, bending them as fully as you can. Straighten them right out. Repeat 10 times.
- Stretch your fingers out sideways so there is a gap between each one then press them together (see exercise 5). Squeeze and relax. Repeat 10 times.
- Touch the tip of your thumb to the tip of your first finger. Squeeze and release. Repeat with each finger 10 times (see exercise 6).



Exercise 5



Exercise 6

Finger exercises must be done every hour

Please remember

- Take the painkillers recommended by hospital staff to help with the pain and/or discomfort.
- You can use ice (or a cold flannel) to ease the pain by wrapping crushed ice in a damp towel and placing it over the swelling. Leave the ice in place for 10 to 15 minutes, then remove. Do this every two to four hours during the day, for two to three days.

Caution: ice can cause burns, so do not put it directly on your skin, always use a towel. Protect sensitive skin with baby oil.

Useful contact details

- **Accident and Emergency (A&E) Departments** (open 24 hours a day, seven days a week)
 - **Queen Elizabeth the Queen Mother Hospital (QEQM)**, Ramsgate Road, Margate CT9 4BG
Telephone: 01843 23 50 30
 - **William Harvey Hospital (WHH)**, Kennington Road, Ashford TN24 0LZ
Telephone: 01233 61 67 28
- **Urgent Treatment Centres (previously known as Minor Injury Units)**
 - **Buckland Hospital**, Coombe Valley Road, Dover CT17 0HD
Telephone: 01304 22 26 21
Open: 8am to 8pm (x-ray 9am to 5pm)
 - **Kent and Canterbury Hospital**, Ethelbert Road, Canterbury CT1 3NG
Telephone: 01227 86 42 42
Open: 24 hours a day, seven days a week
- **For non-emergency information and advice call NHS 111** - just dial 111 from your phone

Further Urgent Treatment Centres (previously known as Minor Injury Units)

- **Faversham Health Centre**

Telephone: 01795 56 20 11

Opening times: Urgent Treatment Centre: 8am to 8pm (7 days)

X-ray Department: 10am to 4pm (Monday to Friday)

- **Victoria Hospital, Deal**

Telephone: 01304 86 54 20

Opening times: Urgent Treatment Centre: 8am to 8pm (7 days)

X-ray Department: 9am to 5pm (Monday to Friday)

- **Royal Victoria Hospital, Folkestone**

Telephone: 01303 85 27 27

Opening times: Urgent Treatment Centre: 8am to 8pm (7 days)

X-ray Department: 9am to 5pm (Monday to Friday)

- **Estuary View Urgent Treatment Centre, Whitstable**

Telephone: 01227 28 43 09

Opening times: Urgent Treatment Centre: 8am to 8pm (7 days)

X-ray Department: 8am to 8pm (7 days)

- **Herne Bay Urgent Treatment Centre, Queen Victoria Memorial Hospital**

Telephone: 01227 59 47 00

Opening times: Urgent Treatment Centre: 8am to 8pm (7 days)

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhft.nhs.uk/patientinformation