

Head and Neck Cancer Team

Shoulder exercises following Head and Neck surgery

Shoulder aching or stiffness can be common following surgery to the head and neck area. This often improves in time, but can be more permanent, depending on the extent of your surgery (Please approach a member of the team if you require more information about this).

The following exercises can be used to help with some of the stiffness and discomfort you may be experiencing.

- 1) Sit or stand, roll your shoulders forwards 10 times. Repeat in the other direction
- 2) Stand leaning on the table using your unaffected arm. Let your other arm hang relaxed straight down. Swing this arm forwards and backwards, repeating 10 times. Now swing the your arm around as if you were drawing a circle on the floor. Change direction, repeating this exercise 10 times.
- 3) Lying on your back with your elbows straight. Use your unaffected arm to lift the other arm up keeping it as close to the ear as possible. Practice bringing the affected arm down slowly, while reducing the support from your good arm. Repeat 10 times.
- 4) Lying on your back with your elbow bent. Reach towards the ceiling whilst straightening your elbow. Slowly control the arm as you bring it back down, bending the elbow. Repeat 10 times.

If you find that your daily activities and sleep are being affected by the discomfort, despite regular exercise, please approach a member of the team or your local doctor. (GP). They may advise further exercise support or medications to help with this.

This document is also available in other languages, large print and audio format upon request – 01223 216032 or patient.information@addenbrookes.nhs.uk

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian

ئەم بەلگەییە ھەرودھا بە زمانەکانی کە، بە چاپی درشت و بە شریستی تەسجیل دەس دەکەویت

Kurdish

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu



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