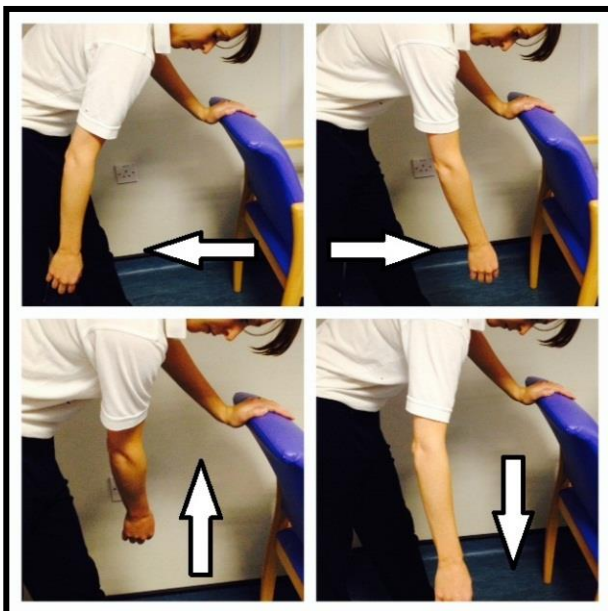


This is a follow-up letter to your recent consultation with the Fracture Care Team explaining the ongoing management of your injury.

Pendular exercises



Shoulder pendulum exercises

Stand and lean forward supporting yourself with your other hand. Try to relax your injured arm and let it hang down.

1. Swing your arm slowly and gently forwards and backwards.
2. Swing your arm slowly and gently side to side.
3. Swing your arm slowly and gently in circles clockwise.

Continue for approximately 1 to 2 minutes in total provided there is no increase in pain. Remember to try and relax your arm.