

## **Shoulder Arthritis**

Shoulder arthritis is a condition in which the cartilage of the shoulder joints gradually wears down over time, causing friction between the bones. This condition leads to pain, stiffness, swelling, and reduced mobility in the shoulder.

### **Symptoms**

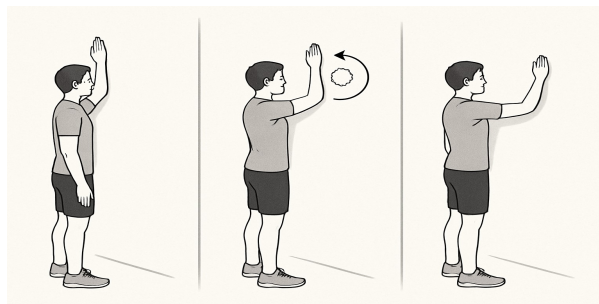
- Persistent pain in the shoulder or increased pain during use
- Stiffness and decreased range of motion in the shoulder
- Grinding or clicking sounds in the shoulder
- Difficulty performing daily activities such as lifting or stretching the arm

### **Importance of Exercise in Arthritis**

Exercise increases mobility, strengthens muscles, reduces pain, and improves functionality.

### **Exercises**

#### **1. Wall Circle Exercise**



Step-by-step Instructions:

- Stand straight facing a wall with feet shoulder-width apart.
- Extend one arm forward to shoulder height and lightly touch the wall with fingers or palm.
- Keep the elbow slightly bent and the shoulder blade down and back.
- Using the fingers or palm, make small controlled circles on the wall—first clockwise 10-15 times, then counterclockwise the same number of times.
- Try to move only the shoulder without leaning the body forward or backward and without lifting the shoulder. Keep the movement slow and controlled.

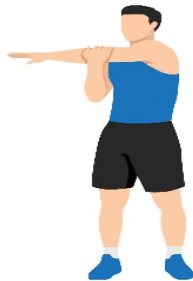
#### **2. Pendulum Exercise**



Step-by-step Instructions:

- Stand next to a sturdy table or chair and support yourself with the healthy hand.
- Bend forward at the waist allowing the affected arm to hang freely toward the floor.
- Keep the affected arm completely relaxed, without engaging shoulder muscles.
- Use body motion to gently swing the arm forward-backward and side-to-side 10-15 times.
- Then swing the arm in small circles, first in one direction and then the other, 10 times each, gradually increasing the circle size.

### 3. Crossover Arm Stretch

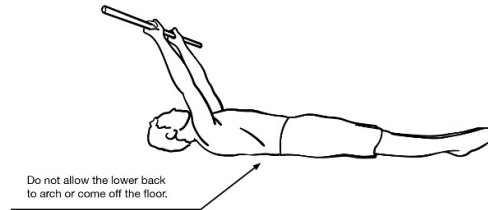


Step-by-step Instructions:

- Stand straight with feet shoulder-width apart and relax your body.
- Extend one arm straight forward (e.g., left hand).
- Using the other hand (e.g., right), grasp the elbow of the extended arm and gently pull it toward your body until you feel a stretch.

- Hold the stretch for 10-30 seconds while taking deep breaths. Slowly release and return to a neutral position. Repeat 2-3 times on each side, 2-3 times a day.

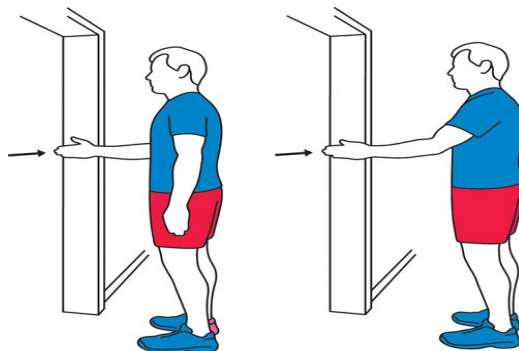
#### 4. Shoulder Stretch



##### Step-by-step Instructions:

- This exercise can be done lying down, sitting, or standing according to convenience.
- Hold a stick or wand in both hands with palms facing down and hands shoulder-width apart. If lying down, lie on your back with knees bent if needed.
- Keep your back straight and shoulders relaxed if sitting or standing. Place the stick on your legs or in front at shoulder height and keep your elbows straight.
- Slowly lift the stick overhead to the top of your head. If there is weakness or pain in the affected shoulder, use the stronger arm to assist. Raise the stick only up to a pain-free point.
- Lower it back slowly and controlled. Perform 10 repetitions, 1-3 times daily as directed by your physiotherapist.

#### 5. Doorway Press Exercise



##### Step-by-step Instructions:

- Stand facing a doorway. Bend one arm at the shoulder to 90 degrees with the elbow close to your body. Place the back of your wrist against the doorframe.
- Press the wrist gently against the frame as if trying to push it forward without moving your elbow or upper arm. This is an isometric exercise where muscle contraction happens without joint movement.
- Hold the press for 5 seconds, then relax. Repeat 10 times with each arm.

**Precautions**

- Perform exercises slowly and in a controlled manner.
- Stop immediately if there is pain and consult a physiotherapist.
- Avoid sudden jerks and keep the body relaxed.
- Maintain proper posture during exercises.

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