

Resources for shoulder pain

Chartered Society of Physiotherapy website:

**www.csp.org.uk/publications/shoulder-pain-exercises

Has produced a leaflet in conjunction with Arthritis Research UK

Generic exercises for non specific shoulder pain designed to correct posture, movement patterns and maintain ROM

British Elbow and Shoulder Society

**http://ns1.bess.org.uk/application/files/4215/0585/9290/BESS_Helpsheet_Shoulder_Pain_GREYSCALE.pdf

Advice sheet for general shoulder pain

**<http://www.bess.org.uk/index.php/public-area/shpi-videos>

Exercises and advice in a A5 folded leaflet or A4 format to print off for patients – specifically for Subacromial pain

www.bess.org/index.php/patients/patient-care-pathways

BESS have pathways for Frozen shoulder and subacromial shoulder pain:

BESS/BOA Patient Care Pathways Frozen Shoulder 2015
Amar Rangan, Lorna Goodchild, Jo Gibson, Peter Brownson,
Michael Thomas, Jonathan Rees and Ro Kulkarni

BESS/BOA Patient Care Pathways Subacromial shoulder pain 2015
Rohit Kulkarni, Joanna Gibson, Peter Brownson, Michael Thomas, Amar Rangan,
Andrew J Carr and Jonathan L Rees



They have similar pathways for glenohumeral arthritis and traumatic shoulder instability. They also have a Commissioning guide to subacromial shoulder pain.

Shoulder Doc

**www.shoulderdoc.co.uk/article/1709

'Simple shoulder care' – a list of 6 points to help shoulder pain – posture; rotator cuff exercises; pain medication advice

Under rehab protocols there are lists of graded exercises for shoulder pain. The exercises include ROM, strength, proprioception and core. The exercises have photos and videos (now via youtube). But they aren't grouped specifically for conditions so may be hard to navigate through quickly.

Shoulder doc also has information of many conditions and has animated illustrations to help explain.

Arthritis Research UK

<https://www.arthritisresearchuk.org/system/search-results.aspx?keywords=shoulder+pain>

