

Caring For a Shoulder Injury

Ice: Apply ice for 15 – 20 minutes then remove ice for 1 hour. Repeat as much as possible the first 48-72 hours. Ice cubes in a Ziploc bag, frozen peas/corn or a slushy pack are all good ways to ice the injured area.

Slushy pack

1. One bottle of rubbing alcohol
2. Two bottles of water
3. Mix in a large Ziploc bag, and freeze

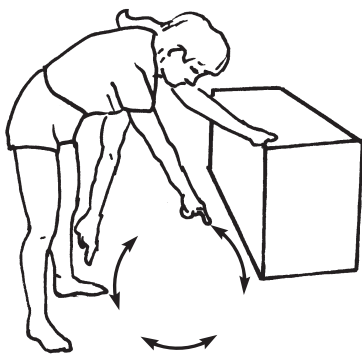
Use a sling as directed: _____

Other: _____

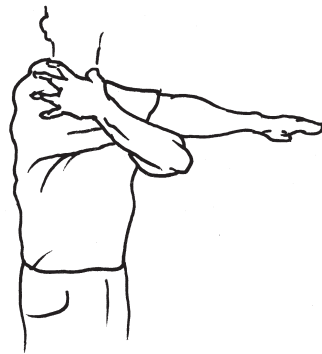
When should I see a doctor?

- Severe pain, swelling and bruising around the joint
- Trouble moving your shoulder normally
- Elbow pain that doesn't improve after several days of home care
- Pain that occurs even when you're not using your arm
- Increasing redness, swelling or pain in the injured area
- Numbness or tingling is present

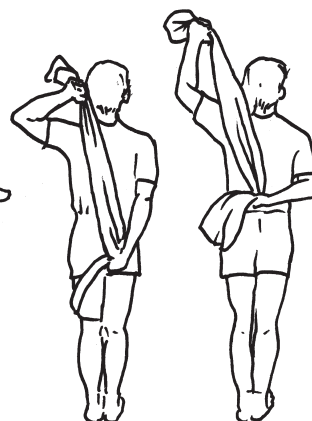
Get moving as soon as possible. Below are some exercises that may be started when they can be done without pain. Some soreness may be present.



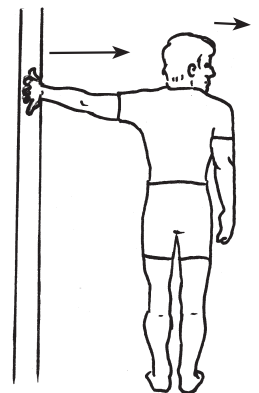
20-30 Circles



Hold each stretch 15-30 seconds, 3-5 x



Hold each stretch 15-30 seconds, 3-5 x



Hold each stretch 15-30 seconds, 3-5 x