



# Exercises for patients with altered nerve function to the shoulder following neck dissection and/or radiotherapy

You must only start these exercises under the supervision of a physiotherapist. This is to ensure that they are suitable for you. If you are not sure of how to do them, please ask your physiotherapist before continuing.

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Please continue with all your other exercises in the head and neck booklet (PI47 - A patient's guide to physiotherapy advice and exercise from four weeks after neck dissection surgery) except Exercise 7 (on page 12) of the shoulder exercises.

The exercises should be carried out in a warm environment and in comfortable, loose clothing. Keep an upright posture where needed, with your shoulders in a good position. This is important for the training of the correct muscles which will help to allow for the change in movement in your shoulder and shoulder blade.

**Try to do the exercises at least 3 times a day.**

**Do each exercise \_\_\_\_\_ times – slowly and carefully.**

**Exercise 1:** Leaning with your body weight over your arms and elbows straight, push into table or surface. Hold for 3 seconds and relax.

**Exercise 2:** Sit or stand. Attach the theraband at arm's length slightly above your head. Pull band down until your elbow is level with your body. Hold for 3 seconds and relax.

**Exercise 3:** Lying on your tummy, keep arms straight by your sides. Pull shoulder blades together and lift shoulders off bed, then lift your hand a few centimetres off the bed, keeping your arm level with your body. Hold for 3 seconds and relax.

**Stability exercises:** Your physiotherapist will show you how to do exercises to improve the stability of your shoulder blade.

As you progress you will be given resistance exercises to do to improve the strength of your shoulder. These will also improve your range and ease of movement.

**Your physiotherapist may change your exercises to suit your own needs.  
If you have any questions, please ask your physiotherapist.**

## Other help and support

People who have cancer often say that during their illness they experience a range of emotions. Many find it to be a stressful, anxious and confusing time.

If you would like further information about any aspect of cancer and its treatments, including the supportive services offered at the LJMC, please drop in to the centre or call the Helpline.

The staff at the LJMC work as part of the overall team caring for you and include healthcare professionals and trained volunteers. The centre provides a relaxed setting in which to talk and ask questions.

The LJMC is situated between the main Cancer Centre building and Gate 3 (White Hill).

 **Lynda Jackson Macmillan Centre**  
*... supporting people affected by cancer...*

Services offered at the LJMC include:

- ① Drop-in centre
- ① Telephone helpline
- ① Benefits advice\*
- ① Complementary therapies\*
- ① Relaxation classes
- ① Counselling\*
- ① Look Good...Feel Better™ beauty workshops
- ① The Way Ahead headwear workshops
- ① Self-help courses

\* These services are only available to NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre

Mon-Fri: **9.30am–4.30pm**

Telephone Helpline: **020 3826 2555**

Website: **[www.ljmc.org](http://www.ljmc.org)**