

Shoulder

The shoulder is a common joint to be injured as a result of a snow sports accident. You may have been placed in a broad arm sling (BAS) or collar and cuff (C+C). The following exercises are designed to help get your injured shoulder functioning again as soon as possible and should be used in conjunction with our generic injury management advice sheet. They should not be used after dislocating your shoulder without medical advice. You should show this sheet to your doctor/physiotherapist and follow any specific guidance they may give you. Use common sense and proceed with caution. If a movement feels difficult or causes pain, stop immediately.

Improving the range of movement in your shoulder.

Ensure you slip your arm out of the BAS/C+C at least four times a day. Straighten and bend your elbow so that it does not become frozen and stiff

The following exercises can be attempted 5-10 times per day. If they cause pain, then reduce this frequency and/or the size of the movements you are making.

1. Stand up and lean over so you're facing the floor. Let the injured arm dangle straight down. Draw circles in the air with the arm. Start with small circles and gradually increase the size of the circles in time.
2. Straighten your arm out to the side of you like an aircraft wing. Keeping your arm straight, make small circles with your hand. As above, start with small circles and gradually increase the size of the circles in time.
3. Straighten your arm out to the side of you as described above. Now imagine you are holding a large spoon which is facing down into a pot. Start "stirring" your hand, again start with small circles and gradually increase the size of the circles in time.
4. Stand alongside a wall. Stretch out your arm so that it is straight and the tips of your fingers touch the wall. Try and walk your fingers up the wall. Initially you may not be able to go very high – do not push it! With time, you will be able to let your fingers climb higher and higher up the wall.

5. To strengthen the rotator cuff, use a piece of thick elastic (a bike inner tube is ideal). Stand next to a closed door with a door knob. Tie a loop in one end of the elastic and tie the other end around the door knob. Stand sideways on to the door, bend your arm at a 90 degree angle and take hold of the loop in the elastic. Pull the band across your tummy. At first do one set of 10 exercises. Try to increase the number of sets as your shoulder pain lessens.

6. To help restore full function to your shoulder, as soon as your pain level allows, try reaching behind your neck, starting from the top of your head and then (with time) reaching further down. Similarly, try and touch the base of your back and this time try reaching further up the back as time progresses.

In general, your shoulder should begin to feel better within 7-10 days and you should regain full function within about 4 weeks. Depending on your age and injury, it is possible that you may be able to see and/or feel a bump in the area of the injury for longer than this. Fortunately, this should not affect the function in the shoulder.

For more information on shoulder injuries from snow sports, visit www.ski-injury.com/shoulder.htm

Whilst the information presented in this leaflet is done so in good faith, based on the latest available information - neither Dr Mike Langran nor CairnGorm Mountain can accept any liability for any accident, injury or fatality arising as a result of following this advice. Skiers and snowboarders are (for the most part) human and as such everyone varies - tailor this advice to your own needs as much as possible. If in any doubt, consult your own doctor.

Elbow

The elbow is a common joint to be injured as a result of a snow sports accident. You may have been placed in a broad arm sling (BAS) or collar and cuff (C+C). The following exercises are designed to help get your injured elbow functioning again as soon as possible and should be used in conjunction with our generic injury management advice sheet. They should not be used after dislocating your elbow. You should show this sheet to your doctor/physiotherapist and follow any specific guidance they may give you. Use common sense and proceed with caution. If a movement feels difficult or causes pain, stop immediately.

Ensure you slip your arm out of the BAS/C+C at least four times a day. Straighten and bend your elbow so that it does not become frozen and stiff. Try and move your shoulder around as well for the same reasons.

The following exercises can be attempted 5-10 times per day. If they cause pain, then reduce this frequency and/or the size of the movements you are making.

1. **Elbow Extension Exercise** – With upper arm supported on wedge straighten your elbow as far as you are able. To further increase extension a small weight can be used on the wrist or in the hand. To help the muscles relax a heat-pack can be applied to the front of the elbow (do not apply heat for the first 48 hours after injury). Hold this stretch for 20 - 30 seconds.
2. Stand with the injured arm straight at your side. Slowly bend the elbow (if necessary, use the other hand to help). Hold for 20 to 30 seconds. Repeat 3 or 4 times.
3. With your elbow tucked into your side, turn your palm down. Hold for 10 seconds, repeating 10 times. Then, with your elbow tucked into your side, turn your palm up. Hold for 10 seconds, repeating 10 times.
4. Standing, link your hands together behind your back. Then rotate your elbows inward while you straighten your arms. Next time, lift your arms up until you feel a nice stretch. Hold for 10 to 20 seconds. Repeat as you like.

In general, your elbow should begin to feel better within 7-10 days and you should regain full function within about 4 weeks. Depending on your age and injury, it is possible that you may be able to see and/or feel a bump in the area of the injury for longer than this. Fortunately, this should not affect the function in the elbow.

ADVICE AND EXERCISES AFTER INJURY FOR SHOULDER & ELBOW



CAIRNGORM SKI PATROL WOULD LIKE TO THANK THE FOLLOWING ORGANISATIONS FOR THE CONTINUED SUPPORT AND ASSISTANCE

