



Shoulder pain self-help resources

- A website to help those with arthritis but it also has an information sheet on shoulder exercises that you can do safely at home to strengthen your muscles and improve shoulder pain

<https://www.versusarthritis.org/media/1923/shoulder-pain-exercise-pamphlet.pdf>

- Some videos by the physiotherapists in Devon talking about shoulder exercises and how you can manage shoulder pain at home

<https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme>