

Physiotherapy exercises following blunt chest wall trauma

These exercises have been given to you to help speed up your recovery and as part of the ELECT study. The exercises should help to reduce any problems with long-term pain and stiffness. If you have any questions about these exercises, please speak to your physiotherapist.

Some of the exercises below may cause discomfort, and a stretching feeling, but it is important to remember that they will get easier with time. If it is too painful to do the exercises below, please ask your nurse for more pain relief.

The exercises should be done 3–4 times a day, for the next 7 days.



Keeping your arms straight, slowly lift your arms above your head.
Repeat 5 times



Lift your arm out to the side and above your head.
Repeat 5 times, with each arm



Put your hands on your shoulders or across your chest and slowly bend from side to side.
Repeat 5 times



Cross your arms and slowly turn your body as if you are trying to look behind one way, then the other
Repeat 5 times

Exercise daily diary

Please tick each box once you have completed your exercises

DAY	1			2			3		
	AM	PM	Evening	AM	PM	Evening	AM	PM	Evening
Exercises									

DAY	4			5			6		
	AM	PM	Evening	AM	PM	Evening	AM	PM	Evening
Exercises									

DAY	7		
	AM	PM	Evening
Exercises			