



## **Shoulder general advice**

<a href="https://www.nhs.uk">Shoulder pain - NHS (www.nhs.uk)</a>	
<a href="#">Self-help guide: Shoulder pain   NHS inform</a> <a href="#">Shoulder problems - Muscle, bone and joint injuries   NHS inform</a>	

## **Sub acromial pain**

### **General initial advice**

<a href="#">Exercises for shoulder muscle and joint problems   NHS inform</a>	
<a href="https://www.nhs.uk">Shoulder impingement - NHS (www.nhs.uk)</a>	

## Exercises

<a href="https://bess.ac.uk/subacromial-pain/">https://bess.ac.uk/subacromial-pain/</a>	
<a href="#">NHS Ayrshire &amp; Arran - Shoulder: Exercises - Weak and Painful Shoulder (MSK) (nhsaaa.net)</a>	

## Frozen shoulder

### General advice

<a href="https://www.nhs.uk">Frozen shoulder - NHS (www.nhs.uk)</a>	
<a href="#">Frozen shoulder - Illnesses &amp; conditions   NHS inform</a>	
<p><u>Exercises:</u></p> <a href="#">Frozen Shoulder – British Elbow &amp; Shoulder Society (bess.ac.uk)</a>	

[NHS Ayrshire & Arran - Shoulder: Exercises - Stiff and Painful  
Shoulder \(MSK\) \(nhsaaa.net\)](https://www.nhs.uk/healthcareprofessionals/shoulder-exercises-stiff-and-painful-shoulder-msk/)

