

ELECT2 Trial. IRAS No. 304751



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 may cause discomfort, and a stretching feeling, but it is important to remember that they will get easier with time. These exercises should not cause severe pain. If it is too painful to do the exercises, please ask your nurse for more pain relief or if you are at home, make sure you are taking the painkillers that have been recommended to you.

Try to complete 5 repetitions of each exercise. The exercises should be done 3 times a day, for the next 7 days. Record in the diary whether you have been able to complete each exercise.



Exercise 1:

In standing or sitting. Starting with your arms by your sides, try to keep your arms straight and slowly lift them forwards and upwards above your head, as far as you can without causing pain. Then slowly lower until your arms are back by your sides. Repeat 5 times



Exercise 2:

In standing or sitting. Starting with your arms by your sides, try to keep your arms straight and slowly lift them sideways and upwards above your head, as far as you can without causing pain. Then slowly lower until your arms are back by your sides. Repeat 5 times

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**Exercise 3:**

In standing or sitting. Put your hands on your shoulders or across your chest. Slowly bend towards one side as shown. Then straighten back to the middle. Then slowly bend towards the other side. Repeat 5 times

**Exercise 4:**

In standing or sitting. Fold your arms gently across your chest. Slowly turn your body as if you are trying to look behind you, without uncrossing your arms. Then straighten back to the middle. Then slowly turn towards the other side. Repeat 5 times

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DIARY:

Please write how many repetitions of each exercise you completed. If necessary, please record in the comments box why you couldn't complete all the exercises. NB: Day 1 is the day you were shown the exercises by the physiotherapist. Day 1 is <insert date and day>

DAY 1	Morning	Afternoon	Evening
Exercise 1	/5	/5	/5
Exercise 2	/5	/5	/5
Exercise 3	/5	/5	/5
Exercise 4	/5	/5	/5
Comments			

DAY 2	Morning	Afternoon	Evening
Exercise 1	/5	/5	/5
Exercise 2	/5	/5	/5
Exercise 3	/5	/5	/5
Exercise 4	/5	/5	/5
Comments			

DAY 3	Morning	Afternoon	Evening
Exercise 1	/5	/5	/5
Exercise 2	/5	/5	/5
Exercise 3	/5	/5	/5
Exercise 4	/5	/5	/5
Comments			

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DAY 4	Morning	Afternoon	Evening
Exercise 1	/5	/5	/5
Exercise 2	/5	/5	/5
Exercise 3	/5	/5	/5
Exercise 4	/5	/5	/5
Comments			

DAY 5	Morning	Afternoon	Evening
Exercise 1	/5	/5	/5
Exercise 2	/5	/5	/5
Exercise 3	/5	/5	/5
Exercise 4	/5	/5	/5
Comments			

DAY 3	Morning	Afternoon	Evening
Exercise 1	/5	/5	/5
Exercise 2	/5	/5	/5
Exercise 3	/5	/5	/5
Exercise 4	/5	/5	/5
Comments			

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