

Patient Resources: Upper Limb Pain

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Shoulder

Common causes of shoulder pain

<https://puresportsmed.com/blog/posts/common-causes-of-shoulder-pain>

Rotator cuff related pain: Exercises is as good as surgery

<https://www.youtube.com/watch?v=5bUf9VcYLml>

Shoulder class at St. Georges Hospital NHS

<https://www.youtube.com/watch?v=PKQDE9Z7srM&list=PLN0-0zh4XsR0Dhvcto1YqeZ3jXKU6KoGX&index=2&t=0s&app=desktop>

British Elbow and Shoulder Society Patient resources

<https://bess.ac.uk/patient-resource-non-urgent-shoulder-and-elbow-problems-during-covid-19-outbreak/>

Shoulder pain booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf>

Shoulder pain exercise pamphlet (Versus Arthritis)

<https://www.versusarthritis.org/media/3095/shoulder-pain-pamphlet.pdf>

Shoulder advice & exercise resource (British Elbow & Shoulder Society)

<http://www.bess.org.uk/index.php/public-area/shpi-videos>

Comprehensive shoulder rehabilitation guide

<https://www.shoulderdoc.co.uk/documents/Shoulder-Rehab-Book-v4-book.pdf>

Rotator cuff related pain

<https://patient.info/bones-joints-muscles/rotator-cuff-disorders>

Shoulder pain explained and what to do

<https://www.physiofastonline.co.uk/pain--shoulder.html>

Subacromial shoulder pain

<https://www.bess.org.uk/application/files/7215/2723/2910/PublicationA5version-nonbooklet.pdf>

Elbow

British Elbow and Shoulder Society Patient resources

<https://bess.ac.uk/patient-resource-non-urgent-shoulder-and-elbow-problems-during-covid-19-outbreak/>

Elbow pain book (Versus Arthritis)

<https://www.versusarthritis.org/media/1339/elbow-pain-information-booklet.pdf>

Elbow exercises leaflet (Versus Arthritis)

<https://www.versusarthritis.org/media/12820/elbow-pain-exercise-section.pdf>

Elbow pain explained and what to do

<https://www.physiofastonline.co.uk/pain--elbow.html>

Hand and wrist Pain

Osteoarthritis of the hand information resource leaflet (Keele University)

[https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20\(1\).pdf](https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf)

Looking after your joints leaflet (Versus Arthritis)

<https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf>

Hand and wrist pain explained and what to do

<https://www.physiofastonline.co.uk/pain--wrist--hand.html>