

Shoulder Class

Kaiser Fremont Physical Therapy Department
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Your Doctor or Nurse Practitioner has scheduled you in the shoulder class because you have shoulder pain. In this one time class you will learn exercises to improve the mobility and strength of your shoulder. You will also learn about things you should do and things to avoid when your shoulder is hurting.

FREQUENTLY ASKED QUESTIONS

- **If my shoulder is hurting should I still attend the class?** We encourage you to still attend the class unless you are having difficulty moving and sitting. The activity and exercise will be modified to accommodate any symptoms you may be experiencing
- **What if I have more pain after the class?** You have the opportunity to schedule a 1 on 1 appointment with a Physical Therapist within 1 months time after the class
- **Where can I learn more about how to help my shoulder pain?** see the shoulder video link: [managing shoulder pain](#)
- **I lost my handouts, where can I find more:** copies are available on the department web page, follow the link: [Fremont Classes and Schedules](#).