

## PHYSIOTHERAPY FOLLOWING YOUR SHOULDER OPERATION (ARTHROSCOPE / DECOMPRESSION)

*It is alright to move your arm following your operation, however it is important to gradually increase your activity over the next week or so. Your physiotherapist will direct you as to when and for how long you should wear your sling.*

### EXERCISES

In order to make a full recovery from your shoulder operation it is important to perform the following exercises regularly. Try to perform the following exercises 4 times a day.

#### Hand pumps:

Fully open and close your hand. Repeat 10 times.



#### Elbow movement:

Release your sling, then straighten and bend your elbow, with your arm remaining by your side. Repeat 10 times.



#### Shoulder blade retraction:

Bring your shoulder blades back, drawing them together. Hold for 3 seconds.

Repeat 5 times.



The following three exercises are designed to prevent stiffness in the shoulder.

#### Pendular swinging:

Stand up and cradle your operated arm with your other arm.

Bend over and allow your operated arm to move away from your body.

Gently swing the arm:  
forward and back,  
side to side,  
in a circular pattern.



Keep the operated arm as relaxed as possible. Move in each direction for 30 seconds.

**Assisted elevation:**

Use your good arm to help lift your operated arm up as far as comfortable.

Ensure you do not 'hitch' your shoulder.

Repeat 5 times.



**Assisted outward rotation:**

Keeping your operated arm by your side, with your elbow bent 90°.

Gently push the hand off your stomach and out to the side with the other hand.

Repeat 5 times.



**GENERAL ADVICE**

- Avoid painful activities and exercises at all times.
- Ensure you know how to remove and apply your sling prior to leaving hospital. Your sling should be worn at all times except when performing the exercises.
- Ice your shoulder for 20 minutes, 4 times a day (after exercise) for the first week.

This will help reduce both pain and swelling.

If you have any questions regarding your physiotherapy, please contact our rooms during normal business hours on 9009 3871.

**Uninsured patients:**

Your surgeon has requested that you receive a physiotherapy consultation prior to your discharge to ensure your recovery is as safe and thorough as possible. There will be a consultation fee charged.