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Shoulder Post Op

**9815 2555**

# EXERCISES

We generally don't like you to be too active following your shoulder surgery as it can make you sore. Keep it pretty quiet for the first few days and progress as you feel comfortable over the next week. The most important thing is rest. However you can perform these simple exercises a 3-4 times a day without risk.

# Ankle pumps

Move your feet up and down from the ankles for 30 seconds. Repeat hourly when resting.

# Hand exercises

Fully open and close your hand. Repeat 10 times.

Rotate your wrist around in circles, and turn your palm up and down. Gently over press the end range. Repeat 10 times each.

# Elbow Exercises

Bend and straighten your elbow whilst its supported. Gently over press the end ranges if discussed with the Physio. You can take it out of the sling for this. Repeat 10 times each.

# Scapular Exercises

Gently pull your shoulder blades down and together towards your spine. Hold 3 seconds repeat 10 times.

# Pendular Exercises

Gently lean forward whilst cradling the operated arm with your good arm. Gently let it swing fwd/ back, side to side and around in circles. If discussed with your physiotherapist, you can progress this by letting the arm hang gently by itself as you swing it. Repeat 10 times each direction.

# General advice:

Do not try to lift your operated arm by itself. Actively lifting your operated arm by itself will strain your repair and may cause damage.

Avoid painful activities and exercises at all times.

Ensure you know how to remove and apply your sling prior to leaving hospital.

It is usually ok to use your hand to do small things such as typing, assisting with eating and dressing.

# If any of these exercises cause significant pain, please contact your physiotherapist or surgeon.

**ICE**

Cryotherapy is beneficial in the first few weeks. In the first 72 hours ice your shoulder about 6 times a day (every few waking hours) for 20 minutes. Thereafter ice when the arm is sore or irritated as it will assist with pain and inflammation. Gentle heat after the first two weeks can also assist with pain and tension but avoid it earlier as it may promote bleeding.

*The advice contained in this handout is appropriate for the first week after your operation, however the average recovery from shoulder takes 6 -12 weeks. Further physiotherapy to reduce swelling, regain range of motion and strength, and prepare for return to work or sport, is often required. Glenferrie Sports and Spinal Clinic is located within Glenferrie Private Hospital and The Hawthorn Aquatic and Leisure Centre, specialises in Orthopaedic surgery rehabilitation. We work*

*closely with the surgeons who performed your operation.*

It is usually possible to arrange a physiotherapy review to follow immediately after your review with your surgeon. Call our office on **9815 2555** if you would like to book an appointment.

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