

STAGE 1

There are several stages of rehabilitation after your shoulder surgery. These exercises are for the first stage, starting right after surgery. These should be followed for the first 2 weeks.

**DO EACH EXERCISE 10 TIMES
REPEAT 3-4 TIMES DAILY**

Warm-up: Pendulum exercises

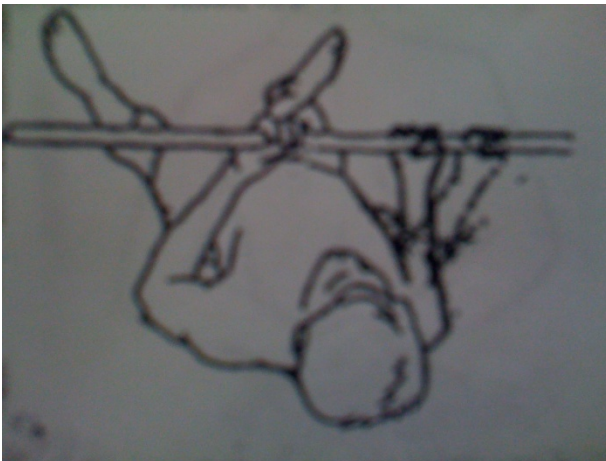


Stand, bending forward from the waist. Hold onto table or chair with your good arm, operated arm hanging loose. Gently swing arm like a pendulum:

- Circles (clockwise)
- Circles (anticlockwise)
- Forwards/Backwards
- Side to Side

Passive Auto-assisted exercises

With all of these exercises, your good arm does all the work, Your operated arm should relax and let the good arm move it.



1. Lie on your back, with elbows tucked in. Holding a stick as shown. Push with the good hand so that the operated arm is rotated outwards, away from the body.

Stick should be used
here!!! ↓↓↓



2. This exercise can be done either standing or lying on your back.

Hold stick in both hands. Lift upwards as high as possible with your good arm, pulling the operated arm along. Slowly lower.

3. Standing, holding a stick behind your back in both hands. Use your good hand to push the stick backwards, away from the body, as far as possible, pulling the operated arm along. Remember to stand straight





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STAGE 2

4. Stand with your hands behind your back. Hold your operated arm at the wrist with the good hand. Using your good arm, pull your operated arm upwards as far as possible towards your shoulder blades, bending your elbows.

**DO EACH EXERCISE 10 TIMES
REPEAT 3-4 TIMES DAILY**



1. This exercise should be done on your back.

Lift your operated arm with your good arm as high as possible, keeping your elbow straight. After you lift as high as possible, slowly lower your arm.
(ALWAYS LET YOUR GOOD ARM DO THE WORK. DO NOT DO THIS ONE HANDED)

2. Do this exercise while standing.

Move your operated arm backwards in a straight line keeping your elbow straight. After you lift backwards as high as possible, slowly lower your arm.



3. Lay on your side (with the operated arm up). Keep your elbow bent and move your arm up towards the ceiling. Lift as high as possible but keep your elbow at your side. Lower slowly.

STAGE 3

**DO EACH EXERCISE 10 TIMES
REPEAT 3-4 TIMES DAILY**

Use rubber tubing, Theraband or elastic.

1. This exercise can be done either standing or sitting. Reach behind your back and move your hand up the middle of your back as high as possible

If you feel no pain, progress by holding onto a towel with your operated hand behind your back. Place the towel over the opposite shoulder and pull it up with your good arm. This should gently force your operated arm up your back.



2. Start with your arm at your side. Attach the elastic to a solid object behind you (for example a door knob). Keep your elbow straight and pull your arm forward. Do not lift higher than shoulder level. Lower slowly.

For the next 2 exercises, start with your arm at your side and bend your elbow. Attach the elastic to a door knob.

3. Stand beside the door knob and pull your hand in towards your body. Make sure you keep your elbow bent and keep it tucked into your side. Then release slowly.



4. Stand beside the door knob and pull your hand away from your body. Make sure you keep it tucked into your side. Then release slowly.

STAGE 4

**DO EACH EXERCISE 5 TIMES
REPEAT 3 TIMES DAILY**



1. Stand in front of a wall and reach up as high as you can. Keep your elbow straight. Lean gently forwards, until you feel a stretch in your shoulder, hold for 10 seconds. Repeat with your arm out sideways (lateral)

2. Stand in a doorway, with your arm bent as shown. Hold the doorframe with your hand.

Slowly turn your body away from that hand, until you feel a stretch in your shoulder. Hold for 10 seconds.



3. Hold a towel over your shoulder with your good arm. Grab the lower end behind your back with the operated arm. Pull up with the good arm so your operated arm is pulled along your back until you feel a stretch. Hold for 10 seconds.



WOUNDS

The operation is performed arthroscopically (Key-Hole)

There will be very small (5-7mm) wounds, varying in number. They will be sutured internally, and usually only closed at the skin with small “steri-strips”. These are essentially small dressings.

The operation is performed “under water” - meaning high-pressure fluid is used to distend the shoulder to allow the small instruments to be inserted. This means that there is an expected amount of wound ooze. This ooze is merely the water used during the operation, escaping through the dressings. It is generally not blood, but occasionally it is blood-tinged. This is not a concern and may be present for up to 4-5 days.

The wound should be kept dry for 2 weeks.

The external, heavy padded dressing may be removed at 5 days, but the smaller (5-6 cm) rectangular dressing should be left intact. Although they may be wet at first, they will dry out.

If there are any concerns, please ring the rooms on 9421 1900 or email dredenraleigh@gmail.com