

# ORTHOSPORTS



**JEROME GOLDBERG - Shoulder Surgeon**

## **PHYSIOTHERAPIST'S POST OPERATIVE EXERCISE PROTOCOL**

Dear Physio

**PATIENT NAME**

**OPERATIVE PROCEEDURE**

**SPECIFIC PRECAUTIONS**

Thank you for looking after this patient.

I have a very strict protocol which **MUST** be strictly adhered to, without deviation. Please start the patient on **all** these exercises immediately. The patient has been given Theraband exercisers as well as instructions in a home exercise program which they have been asked to do 4 times a day.

The purpose of their formal physiotherapy is instruction in these exercises which are enclosed in this handout and supervision of those exercises. The patient is likely to require a push with the stretching component of the protocol. I specifically discourage **ABDUCTION EXERCISES** except those in the handout where the maximum abduction should be less than 90 degrees.

Please do **NOT** deviate from the protocol without discussing the matter with me first ( my phone numbers are enclosed below) and I would also appreciate a written progress report when the patient comes for review.

If you have any concerns please contact me.

**Jerome Goldberg**

160 Belmore Road, Randwick 2031  
47-49 Burwood Road, Concord 2137  
2 Pearl Street, Hurstville 2220

Phone 93995333 Fax 93988673  
Phone 97442666 Fax 97443706  
Phone 95806066 Fax 95800890

[www.orthosports.com.au](http://www.orthosports.com.au)

email [office@orthosports.com.au](mailto:office@orthosports.com.au)