

ORTHOSPORTS



JEROME GOLDBERG - Shoulder Surgeon

PATIENT'S POSTOPERATIVE EXERCISE PROTOCOL **FOLLOWING SHOULDER STABILISATION**

These exercises should be done **four times a day** and you should spend **fifteen minutes** on the exercises at each session. That means spending about 90 seconds on each exercise four times a day.

If you need pain medication it should be taken about 30 minutes before you start the exercises. You may find it helps to warm up first with a hot shower, heating pad or hot water bottle before you exercise.

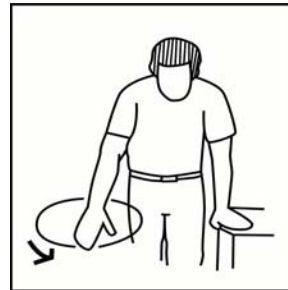
You may get some pain or clicking in the shoulder with the exercises and the pain may last for up to 30 minutes following the exercises.

These protocols are tried and tested, and if you do the exercises incorrectly your surgical result may be compromised. You should be able to follow these exercises by yourself without supervision from a physiotherapist.

STRETCHING EXERCISES

PENDULUM EXERCISES

While bending at the waist, let the operated arm relax and swing with gravity. With hand turned inwards circle the arm in a clockwise direction, making the circles bigger and bigger. Perform these for 60 seconds. Then with the hand turned outwards, circle the arm in an anticlockwise direction, making the circles bigger and bigger for another 60 seconds.

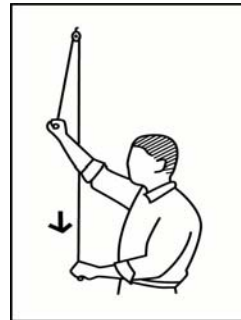


FORWARD ELEVATION

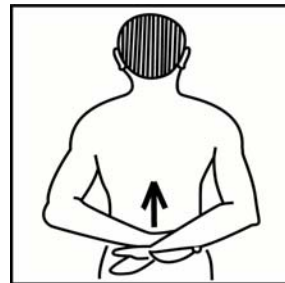
Lying on your back, clasp the operated arm's wrist and use the good arm to pull both arms up over the head. Pull the arm as far back as you COMFORTABLY can manage and hold the arm there for 10 seconds. Repeat 10 times.

**PULLEY EXERCISES**

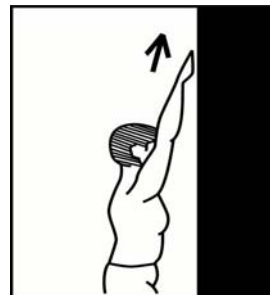
While standing or sitting with the pulley firmly secured two feet higher than the good arm can reach overhead, the good arm pulls the rope stretching the operated arm as far as COMFORTABLE. Hold for 10 seconds and repeat 10 times.

**INTERNAL ROTATION**

While standing, grasp the wrist of the operated arm with hand of the good arm, and gently lift the operated arm towards the small of the back by bending the elbows. Hold for 10 seconds and repeat 10 times.

**FORWARD ELEVATION**

Standing one foot from the wall, walk the hand up the wall as high as possible, keeping the elbow straight. Lean GENTLY into the wall. Hold for 10 seconds and repeat 10 times.



STRENGTHENING EXERCISES

These are to be done with the supplied Therabands. Knot the ends of the Theraband to make a loop

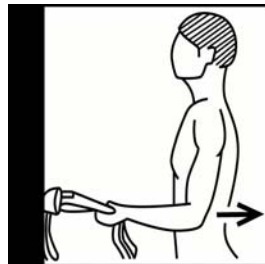
You are to use the following colours for the following periods of time

Colour	Time
Colour	Time
Colour	Time

Do not deviate from this regime of colours without discussing the matter with me.

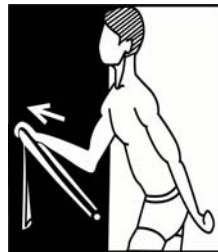
EXTENSION

With the Theraband around the doorknob and the elbow flexed to 90 degrees, pull the arm backwards to your side. Hold for 10 seconds and repeat 10 times.



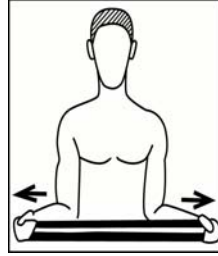
FORWARD ELEVATION

With the theraband around a door knob and the elbow flexed to 90 degrees, push forwards and upwards to stretch the Theraband. Hold for 10 seconds and repeat 10 times.

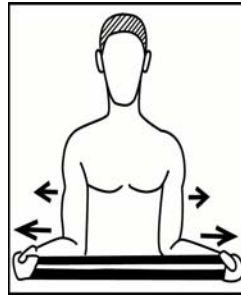


EXTERNAL ROTATION

With the Theraband around both wrists and the elbows flexed to 90 degrees, rotate the arms outwards stretching the Theraband. Keep the elbows CLOSE to the body. Hold for 10 seconds and repeat 10 times.

**ABDUCTION**

With the Theraband around both wrists and the elbows flexed to 90 degrees, pull the arms and ELBOWS away from the body equally. Hold for 10 seconds and repeat 10 times.

**INTERNAL ROTATION**

With the Theraband around the doorknob, and the elbow flexed to 90 degrees, pull the theraband across the chest while keeping the elbow tucked into the side. Hold for 10 seconds and repeat 10 times.

