

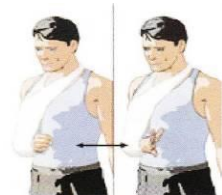
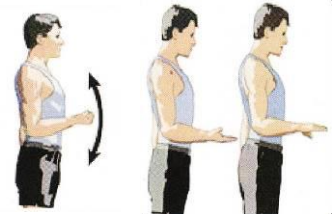
SHOULDER EXERCISE PROTOCOLS

Dr Craig Ball
Shoulder and Elbow Specialist

Arthroscopic Acromioplasty +/- Distal Clavicle Excision

Immediate post-op

- Sling for comfort and public use
- Active elbow range of motion
 - standing with arm at side
 - bend elbow bringing hand towards shoulder then fully straighten
 - with elbow bent at 90 degrees look at palm, then at back of hand
 - repeat 10 times 3 to 5 times per day
- Active hand range of motion
 - curl your fingers and make a fist
 - squeeze and hold for 5 seconds then release
 - repeat 10 times 3 to 5 times per day
- Pendulum exercises
 - while standing bend forward with other arm supported on a stable surface
 - allow affected arm to hang down loosely
 - slowly make shoulder width circles with entire arm, first clockwise then counterclockwise
 - repeat 10 times 3 times per day



2 to 4 weeks post-op

- Begin using hand for waist level activities
- Continue exercises as above
- Passive forward elevation as comfort allows
 - lying on back
 - grasp affected arm at wrist with other hand
 - raise straight up and take to a comfortable stretch
 - hold for 3 seconds then return to side
 - repeat 10 times 2 to 3 times per day
- Passive external rotation as comfort allows
 - lying on back with affected arm resting on pillow by side
 - bend elbow to 90 degrees
 - use other hand or a stick or cane to slowly rotate affected arm away from your body
 - take to a comfortable stretch and hold for 3 seconds then return to side
 - repeat 10 times 2 to 3 times per day



4 to 6 weeks post-op

- Increase use of hand for waist level activities
- Avoid reaching, lifting, pulling, or pushing motions
- Continue all stretches as above, aiming to gradually increase motion
- Cross body adduction
 - while standing hold affected elbow with unaffected hand in front of your body
 - slowly pull across your body until a comfortable stretch
 - hold for 3 seconds then return to neutral
 - repeat 10 times 2 to 3 times per day



6 to 12 weeks post-op

- Increase use of hand for all daily activities
- Continue all stretches as above
- Progress stretches to include the following:
- Extension
 - while standing hold stick or cane with both hands behind back
 - slowly raise both hands away from you as far as possible
 - hold for 3 seconds then slowly lower hands
 - repeat 10 times 2 to 3 times per day
 - keep back and elbows straight at all times
- Internal rotation
 - stand with affected arm behind back
 - use a towel or your unaffected arm to pull your affected arm up behind your back
 - hold for 3 seconds then slowly lower
 - repeat 10 times 2 to 3 times per day
- Begin phase I and II shoulder strengthening exercises



> 12 weeks post-op

- Full return to functional activities
- Gym based strength program
- Work hardening
- Sport specific training