

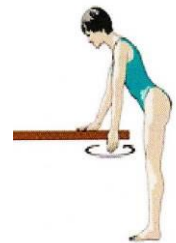
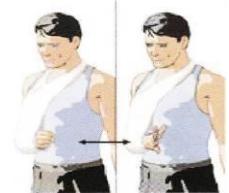
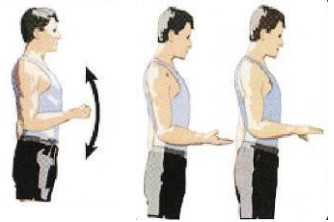
SHOULDER EXERCISE PROTOCOLS

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Shoulder and Elbow Specialist

Arthroscopic +/- Open Shoulder Stabilisation

Immediate post-op

- Sling to be worn at all times except when showering or exercising
- Do not actively try and lift your shoulder/arm
- 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 3 seconds then release
 - repeat 10 times 3 to 5 times per day
- Pendulum exercises
 - while standing bend forward at waist with other arm supported on a stable surface
 - allow affected arm to hang straight down
 - slowly make shoulder width circles with entire arm, first clockwise then counterclockwise
 - repeat 10 times 2 to 3 times per day



From 2 weeks post-op

- Sling to be worn at all times except when showering or exercising
- 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 a 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



6 to 10 weeks post-op

- Discard sling; begin use of hand for light weight waist level activities only
- Avoid reaching, lifting, pulling, or pushing motions
- Avoid trying to place hand behind back
- Continue all stretches as above

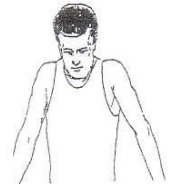
- Begin isometric exercises
 - standing with arm at side and elbow bent to 90 degrees
 - put unaffected hand on *palm* of affected hand
 - push gently together to activate the muscles
 - no movement at all should occur
 - repeat 10 times 2 to 3 times per day
 - repeat with unaffected hand on *back* of affected hand



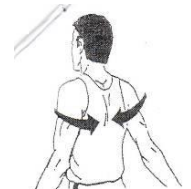
- Cross body adduction
 - while standing hold affected elbow with unaffected hand in front of your body
 - slowly pull across your body until a comfortable stretch
 - hold for 3 seconds then return to neutral
 - repeat 10 times 2 to 3 times per day



- Shoulder shrugs
 - sitting or standing
 - raise both shoulders up to your ears
 - hold for 3 seconds then return to neutral
 - repeat 10 times 2 to 3 times per day



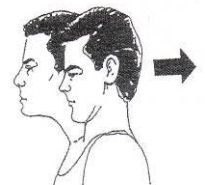
- Shoulder retraction
 - sitting or standing
 - squeeze your shoulder blades together
 - hold for 3 seconds then return to neutral
 - repeat 10 times 2 to 3 times per day



- Shoulder protraction
 - sitting or standing
 - push both shoulders forward to a comfortable stretch
 - hold for 3 seconds then return to neutral
 - repeat 10 times 2 to 3 times per day



- Chin tucks
 - sitting or standing
 - begin with good posture and lift your chest
 - keep looking straight ahead
 - tuck your chin in toward the back of your neck
 - hold for 3 seconds then stretch your chin forwards
 - hold for 3 seconds
 - repeat 10 times 2 to 3 times per day



10 to 16 weeks post-op

- Begin Phase I and II shoulder strengthening exercises (exercise sheet will be provided at this visit)
- Increase use of hand for normal 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
 - using a towel or your unaffected arm pull your affected arm up your back
 - hold for 3 seconds then slowly lower
 - repeat 10 times 2 to 3 times per day



> 16 weeks post-op

- Progressive return to functional activities
- Continue all stretches and strengthening as above (aim for full ROM return)
- Sleeper stretch to regain internal ROM



- Consider structured gym based strength program
- Sport specific training with return to contact sport delayed until 6 months post-surgery