

Sports Therapy  
Manual Therapy  
Electrotherapy  
Manipulation  
Rehabilitation  
Pre-habilitation  
Clinical Pilates  
Pre-Season Screening  
Exercise Prescription  
Massage

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## POST-OPERATIVE PHYSIOTHERAPY INFORMATION

### Shoulder Stabilisation

#### Surgery:

Superficially there may only be small puncture marks made by the surgical instruments and these have been closed by steri-strips or a single stitch. Although this may seem only minor, the surgery inside the joint is more traumatic and must be given full opportunity to recover. Your surgeon has repaired the ligaments and cartilage (labrum) in the shoulder that are damaged during dislocation of the joint. Sometimes there is a larger incision over the front of the shoulder to gain access to these structures.

These repaired structures need protection following the surgery to heal up properly. **You must limit your external rotation of your shoulder to a neutral position for 4 weeks, or until otherwise advised by your surgeon.** If in doubt, keep the arm across your body most of the time.

#### Use of Sling:

The sling may be required to rest and support the shoulder for a period of 2-3 weeks following surgery, or until your surgeon advises you. During this time you must remove your arm from the sling 4-5 times per day to perform the following exercises as demonstrated by your physiotherapist. You may like to use the sling for a little while longer whilst in crowds if your shoulder remains painful as a "warning sign" for others to keep clear!

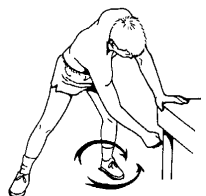
#### Ice:

Continue to ice shoulder front and back 10-15 mins, 3-4 times per day for up to 3 days post surgery. Always place a thin wet cloth between your skin and the ice pack to prevent burns.

**Exercises:** Are to be performed 3-4 times per day

#### 1. Pendular Swings - Day 1 onwards

Stand beside a table/ bench and support yourself firmly with your uninjured arm. Bend forward from the hips to allow your injured arm to hang free. Swing the arm gently forward/ backwards 10 times, side to side 10 times and in circles 10 times. Always keep your palm facing backwards to avoid stressing the shoulder site.

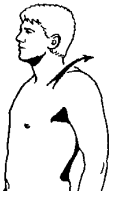


#### 2. Elbow, Wrist and Hand Movements – Day 1 onwards

Be sure to keep the elbow, wrist and hand mobile by bending and straightening all joints, again keeping your palm facing backwards to protect your shoulder. It is much easier to keep these joints moving now than to let them get stiff. You can also begin gripping a stress ball or squash ball to keep your arm muscles strong and begin activity around the shoulder.

### 3. Shoulder (scapula) retraction – Day 1 onwards

Pull shoulder blades back gently and pinch them together. Keep shoulders down away from ears. Hold for 5 seconds and repeat 10 times.



### 4. Assisted shoulder flexion – Day 1/ 2 onwards

Cradle your injured arm in your uninjured arm. Raise both together in front using the uninjured arm to assist the injured arm. Move only to the point of pain. Make sure that you don't let your shoulder "hitch" upwards when elevating the arm.

You can look in the mirror to monitor this. Repeat this 10 times

Variation – The exercise can be performed in sitting or lying on your back.



★ Do not elevate your operated arm past 45° unless directed by your surgeon and/or physiotherapist.

## **Bandage/ Dressings**

The wounds will be covered by waterproof dressings prior to discharge from hospital. You need to leave these on until your review with your surgeon. Once the wound has healed sufficiently (7-10 days), you are able to shower without the waterproof dressings.

## **Further Rehabilitation/ Return to Normal Activity**

It is advisable for you to attend a physiotherapist for a progressive regime of exercises to mobilise and strengthen your shoulder for return to normal function and/ or sport. The shoulder is a complicated joint that requires intricate muscle function to perform normally, especially for the demands of overhead sporting or work activities, and physiotherapy can help guide your return to these activities. Your surgeon will advise you at the time of follow up review when you should commence further physiotherapy.

Return to full sporting activities is usually between 3-6 months, depending upon the nature of your chosen sport and how well your strength and movements have progressed. Return to work is very dependant on your occupation and it's requirements.