

POST-OPERATIVE PHYSIOTHERAPY INFORMATION

Shoulder Stabilisation: Mr Peter Wilson

Surgery:

Through an incision at the front of the shoulder, Mr Wilson is able to repair the ligaments and the cartilage (labrum) that are usually damaged during dislocation of the shoulder. This will result in a stable shoulder that will eventually regain its full movement as the shoulder has been repaired to its normal anatomy.

It is very important that you **keep your arm across your body at all times during the next 4 weeks** until your review with Mr Wilson so that the shoulder has adequate time to heal and strengthen up. Your shoulder will get quite stiff during this period, however, it can be stretched out during your physiotherapy after Mr Wilson gives you clearance to start.

Use of Sling:

Your arm must remain in the sling with the body strap around you, to protect your shoulder for 4 weeks or until otherwise advised by Mr Wilson. 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.

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

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

2. 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.



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.

Ice:

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

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 effectively, especially for the demands of overhead sporting or work activities.

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 its requirements.