

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

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Open Rotator Cuff Repair- Mr. Peter Wilson

Use of your Sling:

Following surgery, your sling will be required to rest and support your shoulder for a period of 4-6 weeks. When you are sitting on the bed or on the couch you may remove your sling and instead support your operated arm on a pillow. You should however use the sling while standing and walking as a means to support and rest your arm, and as a “warning sign” for others to keep clear! During these weeks you must also remove your arm from the sling 4-5 times per day to perform the following exercises as demonstrated by your physiotherapist.

Precautions:

★ **No active lifting/ movements of your operated arm for 6 weeks.** Due to the surgical approach to the shoulder, your deltoid muscle is detached and needs time to heal after your surgeon sutures it back to the bone. The repaired rotator cuff tendons also need time to heal and strengthen following surgery. The following exercises prescribed by your physiotherapist are safe to perform during this period and will help prevent your shoulder stiffening/ freezing up too much. Make sure you do these exercises gently, not forcing into pain.

Ice Packs:

Ice packs are quite effective in reducing swelling, inflammation and pain in the early post-operative period. It is advised to wrap an ice pack or packet of frozen peas in a damp tea towel, and apply this to the tip of your shoulder for 15-20minutes, at least 3-4 times each day in the first week post-surgery.

Exercises:

1.Elbow, Wrist and Hand Movements

Be sure to keep your 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. You can also begin gripping a rolled towel or tennis ball to keep your arm muscles strong and begin activity around the shoulder.



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2.Shoulder (scapula) protraction/ retraction

Pull your shoulder blades back and pinch them together. Hold for 5 seconds and then pull them forwards into a rounded position. Hold for 5 seconds again and repeat 10 times.



At your 2week review visit with Mr. Wilson, he may add a few extra exercises into your program.

Further Physiotherapy and Rehabilitation

The shoulder is a very complex joint which requires excellent muscle function to achieve full, pain free movement. The joint itself is quite unstable without strong muscles, and has been likened to a golf ball sitting on a horizontal golf tee! Therefore, you will generally be required to attend further physiotherapy for a progressive regime of exercises to help strengthen and mobilise your shoulder. Mr. Wilson will advise you as to when you should begin your further rehabilitation. This is generally from 6 weeks onwards.