

## Post-Op Shoulder Guidelines

There are many different types of shoulder operations, for various different reasons, but the basic principles of rehabilitation are the same, to restore function through 3 specific measures; Range of motion, strength and co-ordination. The following exercises are just the basics to get you going through the early stages, once your initial strength and range of motion has been restored your physiotherapist will prescribe specific exercises for your condition. When you are allowed to start these exercises will vary depending on the surgery.

*The guidelines and exercises described below are some of the more basic and effective strategies utilised to restore normal shoulder function following many common operations – your physiotherapist will discuss with you any specific adaptations, progressions and precautions tailored to your individual presentation. Any acute injury should be assessed by your physiotherapist prior to starting a rehabilitation program.*

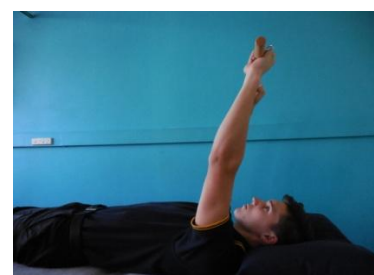
➤ **Pendular Exercises**

- Position yourself next to a chair/high table, holding onto it with your good arm, lean over and just relax, letting gravity take your other arm downwards
- Sway your body to initiate movement in your arm, be sure to remain relaxed through the shoulder and arm, continue for as long as comfortable aiming for between 30-60sec
- This should not be painful, if it is stop the exercise



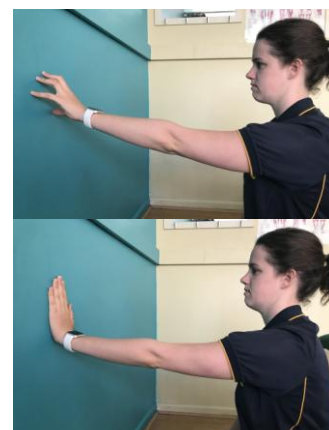
➤ **Active Assisted Range of Motion**

- Use your unaffected arm to gently assist your injured shoulder overhead before slowly returning to a resting position
- Do not push into pain – only go to the point where you feel a comfortable stretch
- Alternatively this exercise may be performed using a shoulder pulley – your therapist will discuss if this is appropriate for you



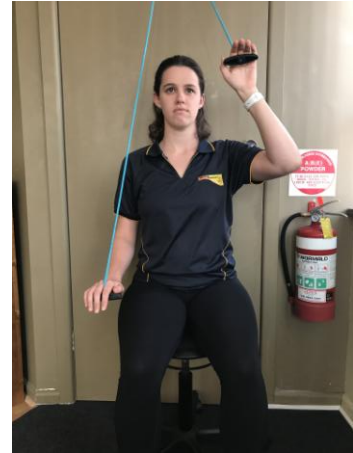
➤ **Wall walking exercise (intsy winsty spider)**

- Stand facing a wall
- Walk your fingers up the wall until you feel a slight discomfort/awareness
- Pause
- Push your hand against the wall and slide your hand down the wall
- Repeat 10 times



➤ **Shoulder Pulley**

- Set up pulley as instructed by your physiotherapist
- Sit on a chair underneath the pulley
- Holding on to each handle, using your pain free arm pull down on the handle so that your painful arm lifts up
- Pull until you start to feel an awareness in your shoulder – hold it at this point for 10-20 sec, then return to starting position
- **Do not push into pain**
- \*\* if handles are too long, pull cord through the hole and tie a knot further up the rope



➤ **Towel Squeeze**

- Roll up a towel and hold into side using tucked arm
- Gently compress towel by tucking elbow into your side
- Hold for 3 seconds and relax
- Do not push into pain – only go to the point of comfortable muscle activation

