

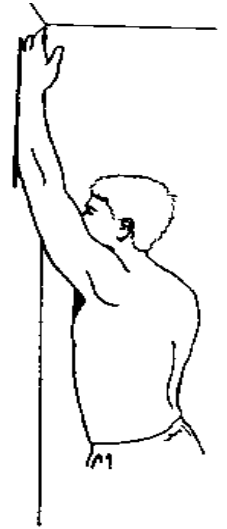
Rehabilitation Guidelines Phase 2: 6 weeks – 3 months

- *You can stop wearing the sling.*
- *No overhead activities except for when you perform the prescribed exercises below.*
- *You can lift up to 1 kg to your chest level.*

- **Flexion Stretch**

Slide both arms together up a wall with palms facing towards you. Move closer to the wall as the arms slide upwards, whilst trying to keep the elbows straight.

Hold 5secs, 10 reps, 2x/day

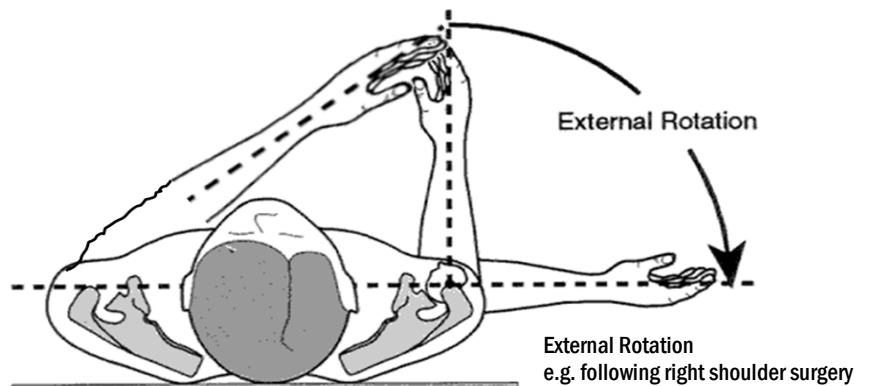


- **Active Supported External Rotation**

Sit at a table with the elbows bent at 90°, by your side and supported on top of the table.

Keeping your trunk still, slide the forearm of the operated side so that it swings outwards, away from your body.

Hold 5secs, 10 reps, 2x/day



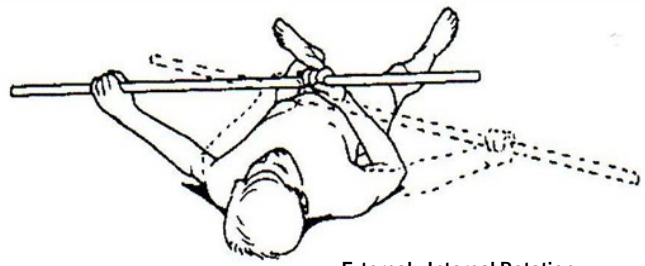
Phase 2—Passive Range Of Motion

- **External - Internal Rotation**

Lying on your back. Hold stick with *good hand in under grip* and *operated hand in a top grip*. Keep elbows bent at 90°.

Using your good hand, gently push the stick towards the operated side of your body, making sure you keep the elbow at 90° and close to your side.

Hold 5secs, 10 reps, 2-3x/day



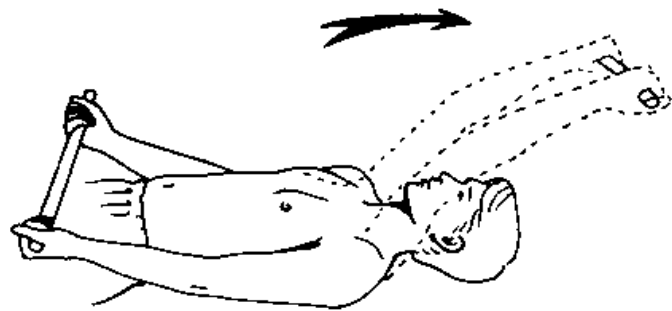
External—Internal Rotation
e.g. following left shoulder surgery

- **Shoulder Flexion**

Lying on your back.

Hold stick with both hands. Slowly and very gently move the stick over your head as far as comfort allows. Use your good arm to move the operated arm.

Hold 5secs, 10 reps, 2-3x/day



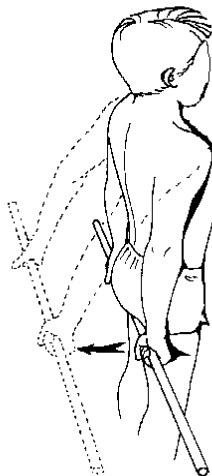
- **Shoulder Extension**

Hold the stick using an *underhand grip* behind your back.

Push the stick backwards away from your body.

Do not lean your trunk forward.

Hold 5secs,
10 reps, 2-3x/day



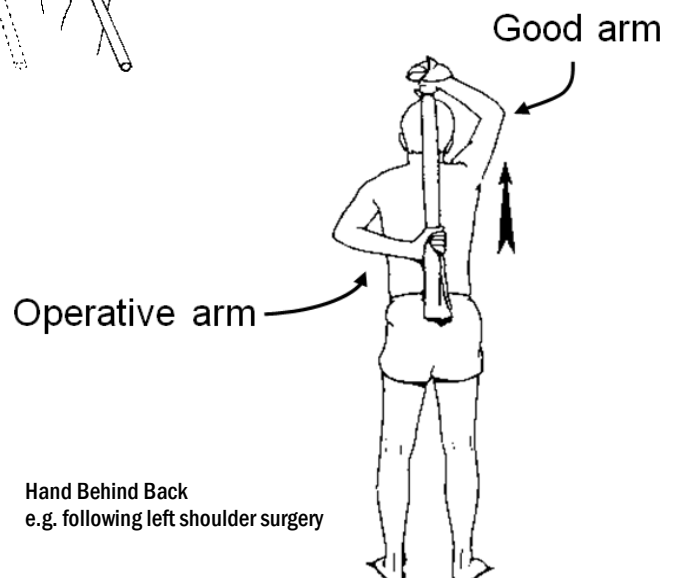
*Use your good arm to help move the arm that has had surgery.
Only move the shoulder through a comfortable range.
Don't push through the pain.*

- **Hand Behind Back Towel Stretch**

Grasp towel in both hands.

Place your operated arm behind your back and use the good arm to pull up the one that has had surgery.

Hold 5secs,
Start with 5 reps, 1x/day
Progress to 10 reps, 2x/day as
comfort allows

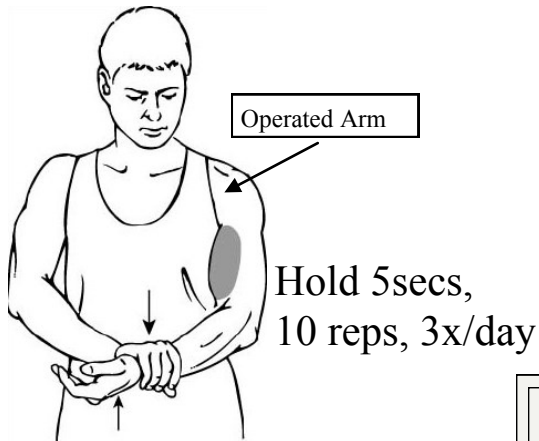


Hand Behind Back
e.g. following left shoulder surgery

Phase 2—Isometric Strengthening Exercises

- **Isometric Flexion**

With your operated arm in front of you and the elbow bent at 90°, pull the operated arm towards your head against the good hand which is kept still whilst providing resistance.



- **Isometric Extension**

Push your elbow and arm back into a wall.



Hold 5secs,
10 reps, 3x/day

*All pushes should be gentle.
Don't push through pain*

- **Isometric Adduction**

Squeeze a pillow into your body with the elbow and arm. Keep the neck relaxed and the shoulder blades pinched together.



Hold 5secs, 10 reps, 3x/day

- **Isometric External Rotation**

Keep your elbow at 90°. Whilst holding it by your side, press your forearm so that it swings outwards into a wall.



Hold 5secs, 10 reps, 3x/day

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Other Milestones...

6 WEEKS

- Completed. Well done!
- Removal of Sling.
- Continue to use Ice Pack for 15minutes for pain relief and following exercise as required.
- Lifting up to 1kg below chest level.
- No overhead activities except when you perform the above prescribed exercises.

3 MONTHS

- 12 week post-operative physio check up with us.
- Commence Phase 3 exercises with use of yellow theraband.
- Commence light lifting close to your body between 2kg and 5kg depending on progress and the repair. Our 12 week physio review will instruct you on the lifting progressions.
- Occasional light overhead work of less than 15minutes duration.
- Light breast stroke swimming may be permitted at 4 to 6 months depending on progress.

6 MONTHS

- Final visit with Professor Murrell.
- Ultrasound scan with our sonographer to check the repair.
- Return to full work duties and sports if final clearance obtained from Prof Murrell.

