



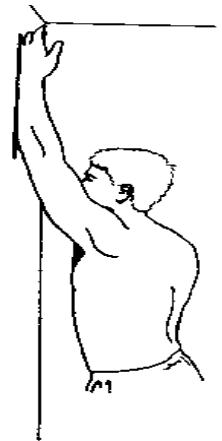
## Rehabilitation Guidelines Phase 2: 6 weeks – 3 months

- *No further requirement to wear the shoulder sling.*
- *No overhead activities except for when you perform the prescribed exercises below.*
- *You can lift up to 5 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

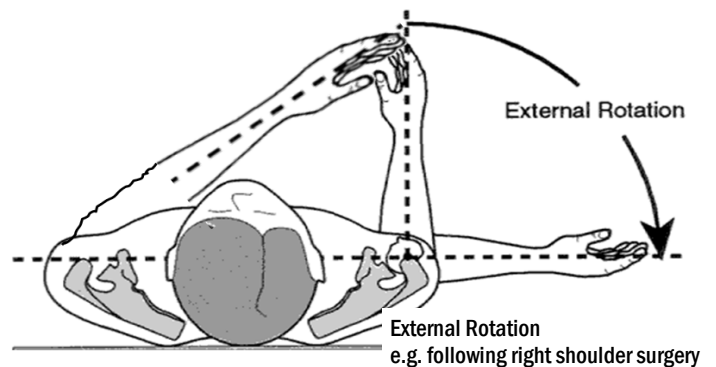


- **Active Supported External Rotation**

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,



Horizontal Flexion  
e.g. following left shoulder surgery

- **Horizontal Flexion Stretch**

With the thumb pointing downwards, raise operated arm to shoulder height.

Using unaffected arm *gently* stretch the arm across the body.

Hold 5secs, 10 reps 2x/day



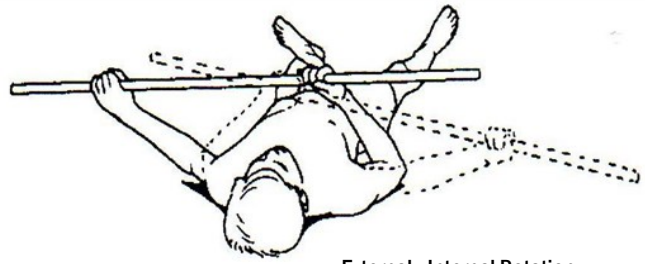
## Phase 2—Passive Range Of Motion

- **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



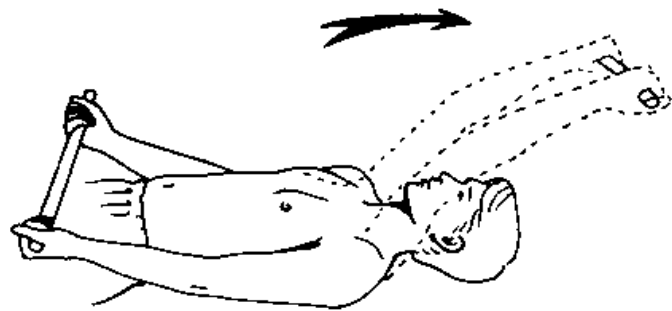
External—Internal Rotation  
e.g. following left shoulder surgery

- **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



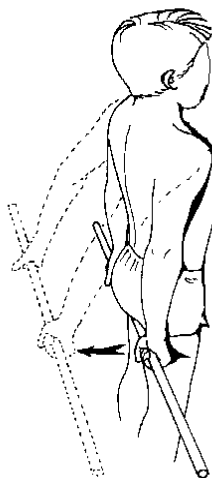
- **Shoulder Extension**

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



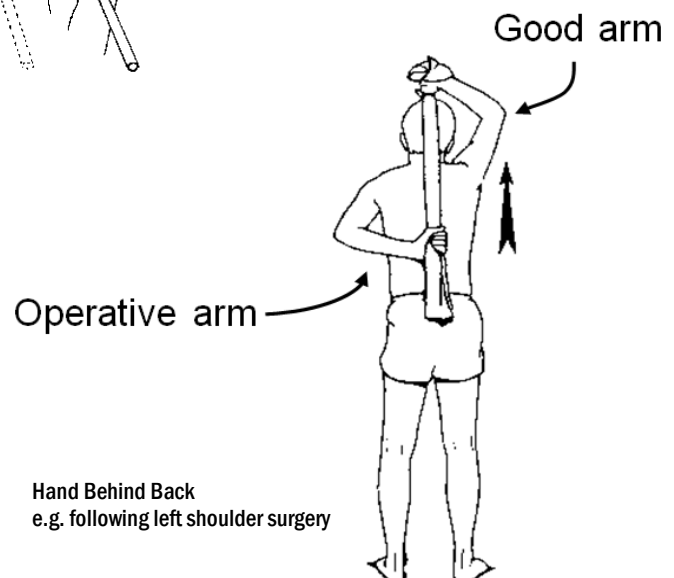
*Use your good arm to help move the arm that has had surgery.  
Only move the shoulder through a comfortable range.  
Don't push through the pain.*

- **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

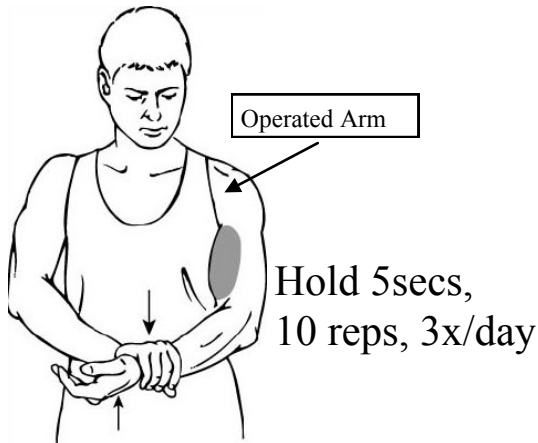


Hand Behind Back  
e.g. following left shoulder surgery

## Phase 2—Isometric Strengthening Exercises

- **Isometric Flexion**

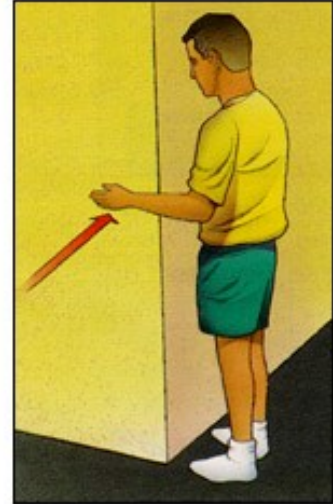
With your operated arm in front of you and the elbow bent at 90°, pull the operated arm towards your head against the good hand which is kept still whilst providing resistance.



- **Isometric Internal Rotation**

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

Hold 5secs,  
10 reps,  
3x/day



- **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



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

- **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.

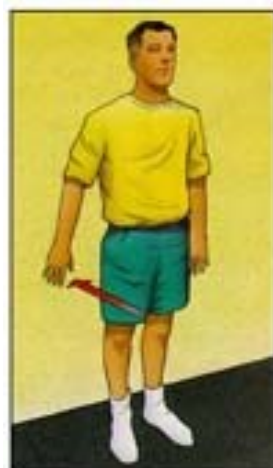
Hold 5secs,  
10 reps,  
3x/day



- **Isometric Extension**

Push your elbow and arm back into a wall.

Hold 5secs,  
10 reps,  
3x/day



**PROFESSOR GEORGE MURRELL**

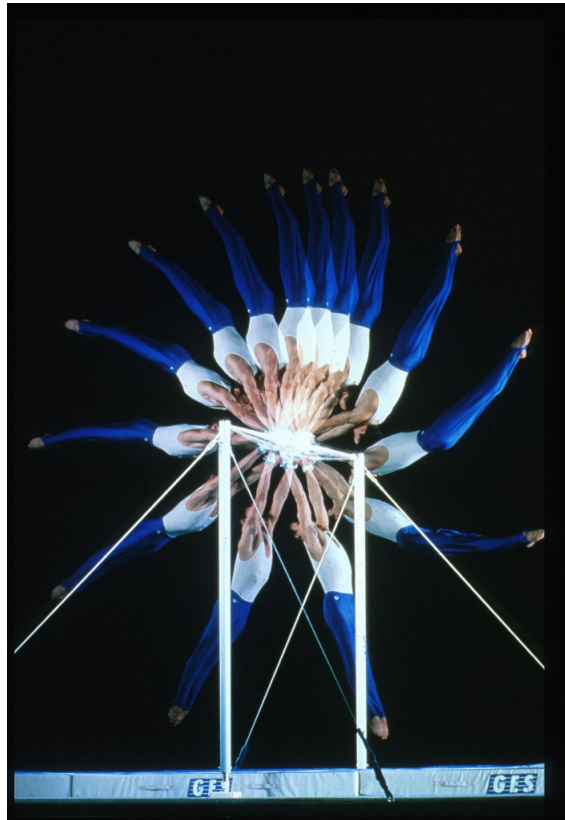
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## Other Milestones...

### 6 WEEKS

- Completed. Well done!
- Continue to use Ice Pack for 15minutes for pain relief and following exercise as required.
- Lifting up to 5kg 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.
- Lifting close to your body between 5kg and 20kg depending on progress. 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 3 to 6 months depending on progress.

### 6 MONTHS

- Final visit with Professor Murrell.
- Return to full work duties and sports if final clearance obtained from Prof Murrell.

