

Rehabilitation Guidelines

Phase 3: 3 months—6 months

Phase 3—Theraband exercises

Please follow the order of colours and time period as per instructions given to you by our physiotherapist:

Colour YELLOW Time

Colour RED Time

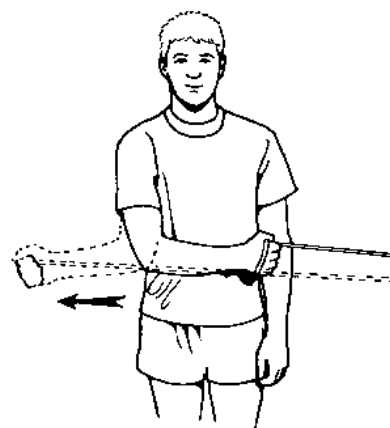
Colour GREEN Time



- **Theraband External Rotation**

Tie theraband to door handle. Pull theraband outwards and away from the body. Keep elbow bent at 90° with a small towel tucked in between the elbow and the side of the body. Perform slow and controlled movements only.

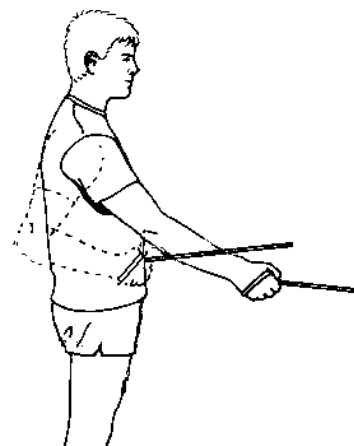
3 x 10 reps, 2-3x/day



- **Theraband Rowing**

Tie theraband to door handle and take hold of each end with both hands. Pinch shoulder blades as you pull both arms backwards in a rowing motion. Keep your elbows bent and progress once able to elbows straight.

3 x 10 reps, 2-3x/day



3 sets of 10 repetitions
2-3x/day

Slow and Controlled Movements

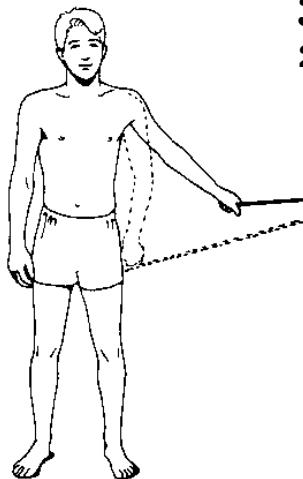


Phase 3—Theraband exercises

- **Theraband Adduction**

Tie theraband to a hook at shoulder height. Pull affected arm in towards your hip. Keep the elbow straight and thumb pointing up.

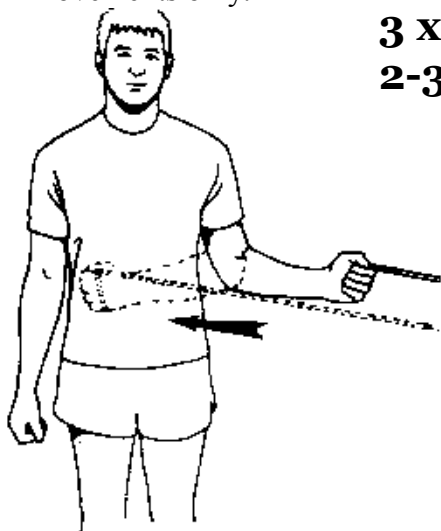
**3 x 10 reps,
2-3x/day**



- **Theraband Internal Rotation**

Tie theraband to door handle. Pull theraband inwards and towards your abdomen. Keep elbow bent at 90° with a small towel tucked in between the elbow and the side of the body. Perform slow and controlled movements only.

**3 x 10 reps,
2-3x/day**



- **Straight Arm Lifts**

Raise affected arm out in front of body and lift upwards towards ceiling with palms facing up. Keep elbow straight.

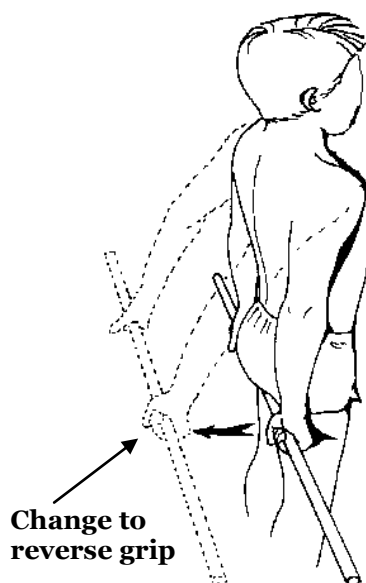


*Commence with no weight. Progress by
0.5kg increments as comfort allows.*

**3 x 10 reps,
2x/day**

- **Shoulder Extension**

Hold a walking stick, or broom handle with an overhand grip behind your back. The position is changed from Phase 2 exercises by having the knuckles at your fist face outwards from your body. Push the stick backwards away from your back.



**3 x 10 reps,
2x/day**

PROFESSOR GEORGE MURRELL

The Church
17 Kensington St,
Kogarah, Sydney,
NSW 2217

Phone: 9598-5800

Fax: 9598-5801

Email: murrell.patients@ori.org.au

georgemurrellshoulders.com.au

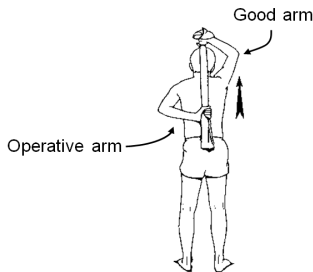
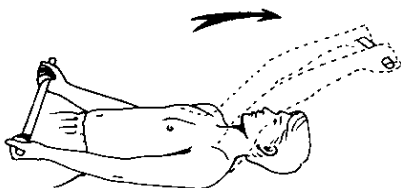
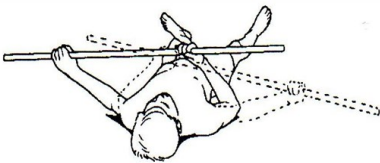


Next Milestone...

Continue with the following exercises from Phase 2:



Hold 5secs,
10 reps
2x/day



- Continue to use Ice Pack for 15minutes for pain relief and following exercise as required.
- Commence light lifting between 5kg and 20kg depending on progress. Our physio will instruct you on this.
- Occasional overhead work of less than 15 minutes duration.

6 MONTHS

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

SAL

