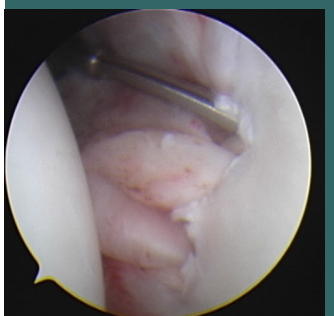


Rehabilitation Guidelines

Phase 2: 6 weeks—3 months



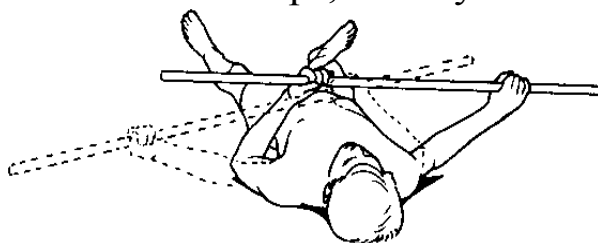
You can stop wearing the sling.

- **External - Internal Rotation**

Lay down 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. **DO NOT** force this movement beyond comfort!

Perform 10 reps, 2 x/day

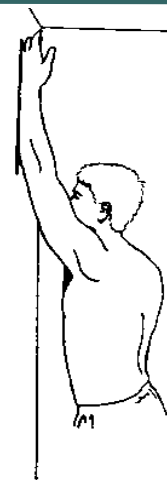


All exercises should be gentle. Don't push through pain.

- **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.

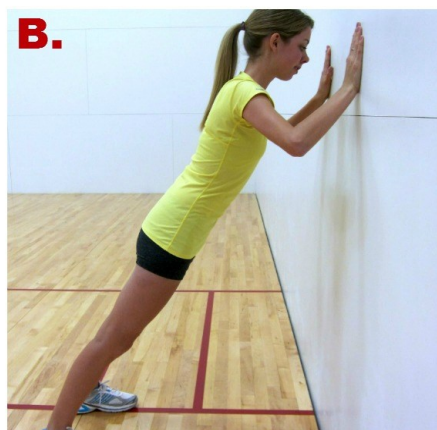
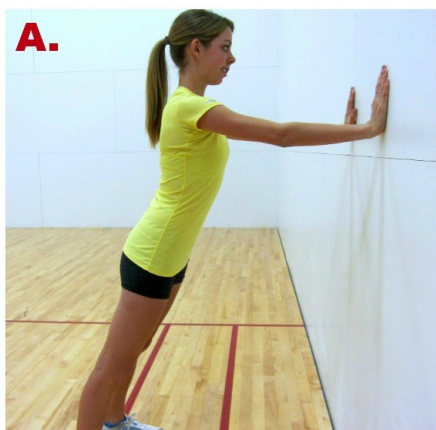
Hold 5secs, 10 reps 2x/day



- **Wall Push Up**

Place hands on wall just below shoulder height. Pinch shoulder blades down and back. Lean into wall, bending at the elbow ensuring your elbows remain strictly in and do not turn out. Then push back like a push-up. Keep elbows in!

10 reps, 2x/day



Stabilisation—Phase 2 exercises: 6 weeks— 3 months

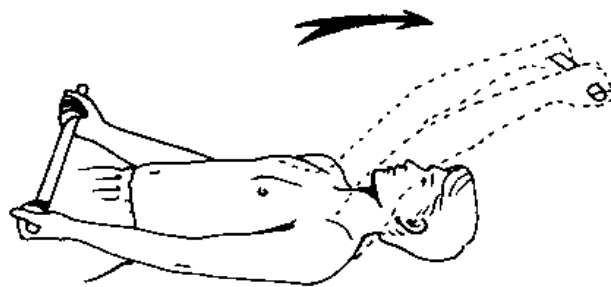
- **Shoulder Flexion**

Lay down on your back.

Hold stick with *good hand in under grip* and *operated hand in a top grip*.

Slowly and very gently move the stick over your head. Use your good arm to move the operated arm. Start with elbows bent and progress to elbows straight as comfort allows.

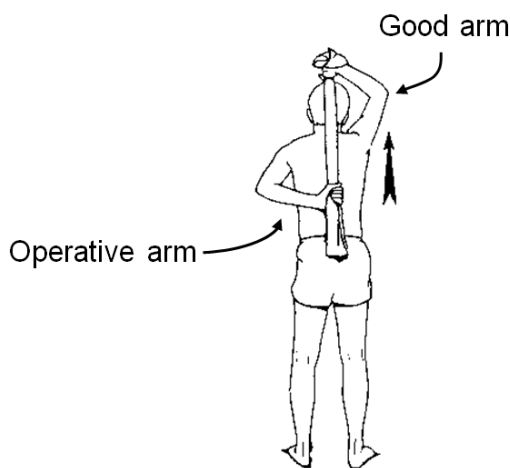
Hold 5secs, 10 reps 2x/day



- **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, 10 reps 2x/day

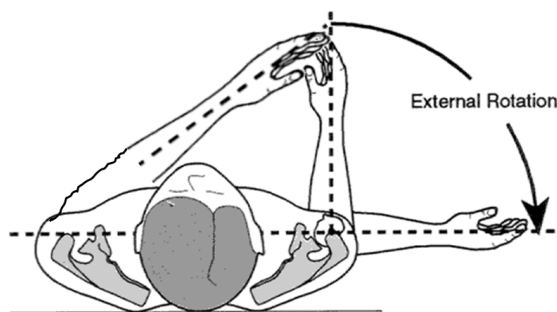


- **Active Supported External Rotation**

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. DO NOT force this movement beyond comfort!

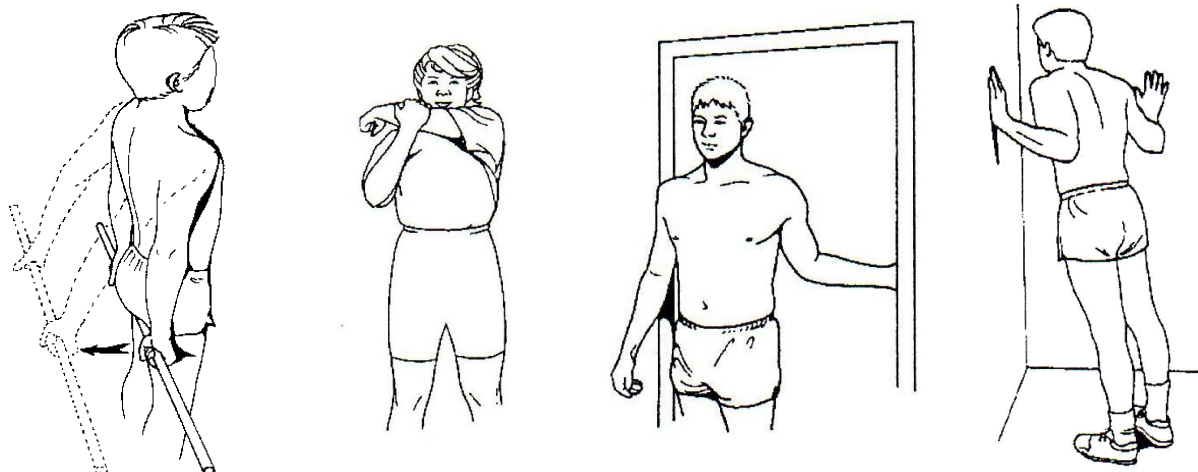
Perform 10 reps 2x/day



- **Stretches**

For the following four exercises DO NOT force the movements beyond the limits of comfort!

Perform 10 reps 2x/day



Phase 2—Isometric Strengthening Exercises

- **Isometric Adduction**

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

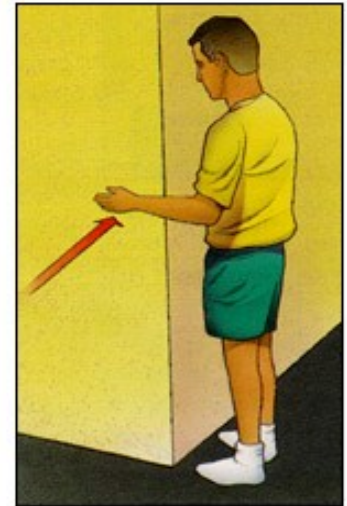
Hold 5secs,
10 reps,
3x/day



- **Isometric Internal Rotation**

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

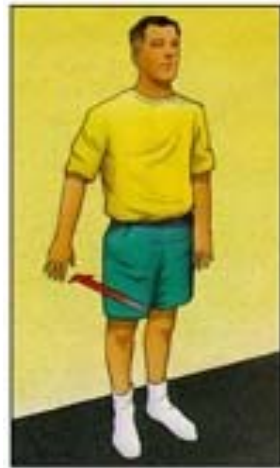
Hold 5secs,
10 reps,
3x/day



- **Isometric 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 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



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



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.
- Commence Phase 3 exercises with use of yellow theraband.
- Commence lifting between 10kg and 20kg depending on progress and the repair. Our 12 week physio review 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 duties and sports if final clearance obtained from Prof Murrell.

