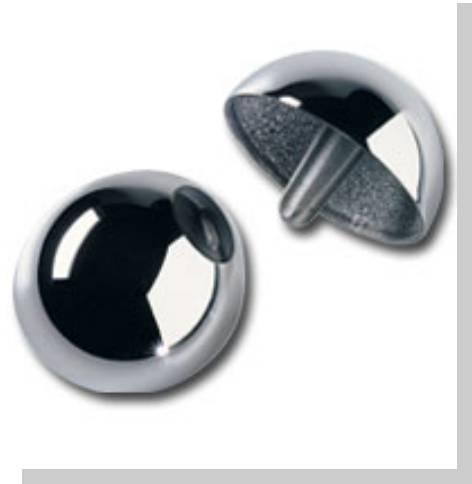




*The following is a detailed outline of the rehabilitation regime for patients who have had an shoulder replacement by Prof Murrell.*

*You will have a sling which should be worn day and night for 48 hours, then only as needed.*

*It is not necessary to wear the waist strap on the sling.*



**Durasoft** cold treatment commences and continues every 2 hours for 20 minutes regularly for the first 48 hours, and then as needed. Always keep at least one pack in the freezer

## 12 to 16 Hours



### Local anaesthetic block

*The block affecting your arm will begin to wear off, so it is advisable to begin taking the pain killers prescribed for you (eg panadeine forte).*



# Day 1

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## Phase 1 exercises

- **Elbow range of motion**

Take off the sling.

With elbow bent and your arm in front of your body bend and straighten you elbow.

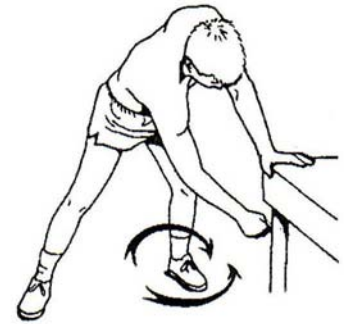
- **Grip strengthening**

Grip a rubber ball, hold for five seconds and release.

- **Pendular reach**

Bend over and rest with your good arm on a steady surface, eg a table, so that your operated arm is dangling in front of your body.

Swing the dangling arm left to right and then around clockwise and anti clockwise.

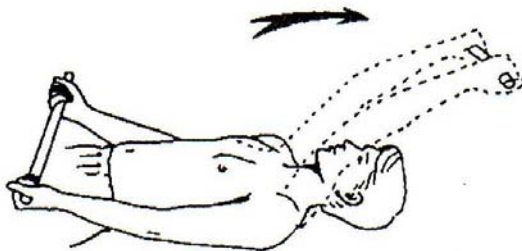


*Pendular reach*

- **Shoulder flexion**

Lay down on your back. Hold a stick underhand with both hands.

Slowly move the stick over your head, use your good arm to move the operated arm. Only go as far as is comfortable.



Shoulder flexion

*Perform all the exercises ten times, three times a day*

*Phase 1 exercises are for the first two weeks*

# Day 8

## Post-op visit

Your first post-operative appointment should be on day 8—a Wednesday at 12.00 pm at The Church, 17 Kensington St, Kogarah.



We will

- Remove your bulky dressing.
- Take out your stitches.
- Review the operation with you.

We will have you get an xray of your shoulder before the 6 week visit.

You can now

- Get your shoulder wet.
- Continue Phase 1 exercises.

## ACTIVITIES

*You should be able to drive in 2-3 weeks.*

## RESTRICTIONS

*No lifting or overhead work.*

## 2–4 Weeks

### • Horizontal flexion stretch

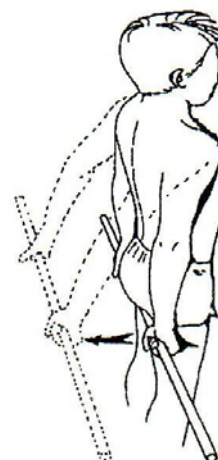
With the thumb pointing downwards, raise operated arm to shoulder height.

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



### • Shoulder extension

Hold walking stick *underhand* and grip behind your back. Push stick backwards away from your back.



*Sets of 10 repetitions,  
three times a day*

## 2—4 Weeks

### Isometric strengthening exercises

*Hold each exercise for five seconds, applying gentle pressure.*

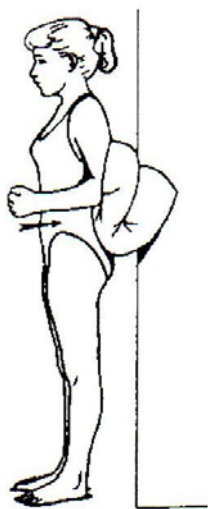
*Perform a series of ten exercises, three times every day.*

### Isometric flexion

Lift your operated arm forward, while using your good arm to resist the movement.

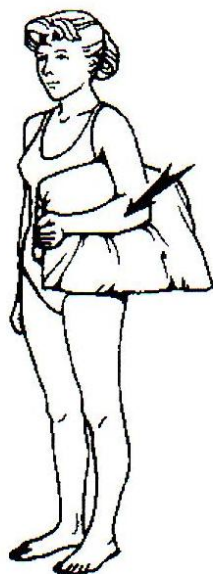
### Isometric extension

Push elbow backwards into a pillow.



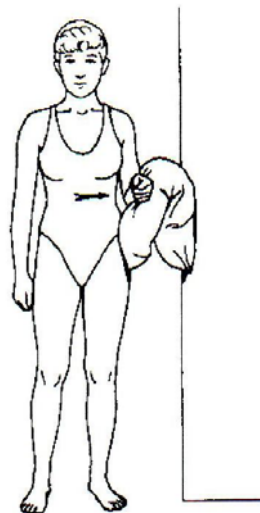
### Isometric adduction

Squeeze the pillow with your elbow. Keep neck relaxed and shoulder blades pinched together.



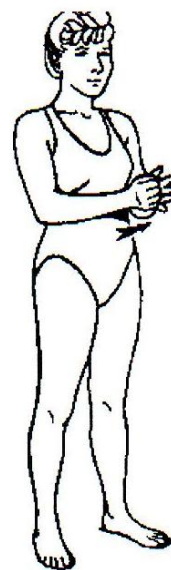
### Isometric external rotation

While keeping your elbow by your side, press your forearm so that it swings outwards in the direction of the wall.



### Isometric internal rotation

With elbow by your side, and push the hand of your operated arm into the hand of the unoperated arm which is providing resistance.

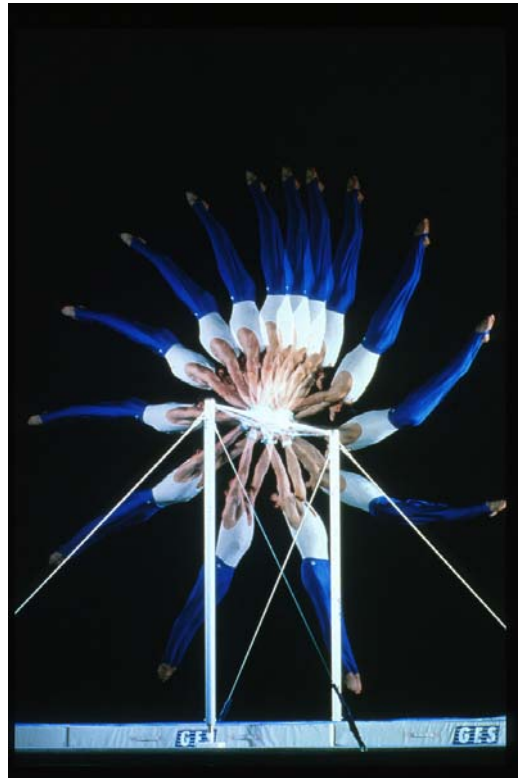


**PROFESSOR GEORGE MURRELL**

17 Kensington St,  
Kogarah, Sydney,  
NSW 2217

Phone: 9598-5800  
Fax: 9598-5801  
Email: murrell.patients@ori.org.au

***www.georgemurrellshoulders.  
com.au***



## Other milestones

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### 6 WEEKS

- Post operative/physio check up.
- Commence phase 2 exercises.
- Return to work with light duties only, lifting up to 5kg and no overhead work.

### 3 MONTHS

- Post operative/physio check up.
- Commence phase 3 exercises.
- Lifting up to 20kg and occasional overhead work of less than 15 minutes duration.

### 6 MONTHS

- Final visit with Prof Murrell.
- Return to full work and heavy sports.

