

Rehabilitation Guidelines Phase 2: 6 weeks—3 months

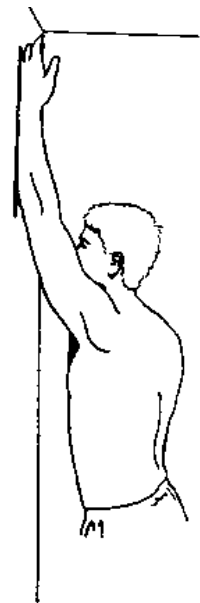


- *You can stop wearing the sling.*
- *No overhead activities.*
- *You can lift up to 1 kg to your waist.*

- **Flexion Stretch**

Slide both arms up a wall with palm facing towards you. Move closer to the wall as the arms slide upwards.

5 reps 2x/day

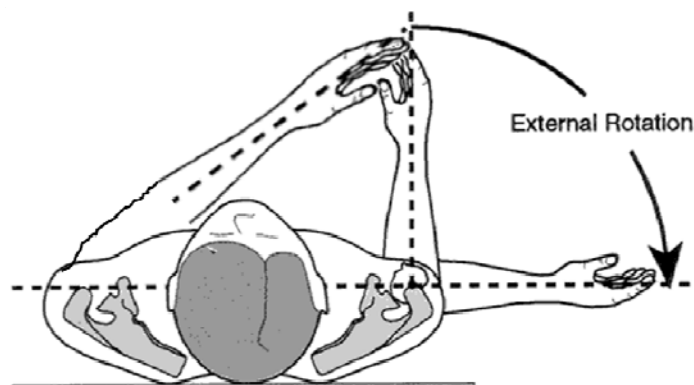


- **Active supported external rotation**

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

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

10 reps 2x/day



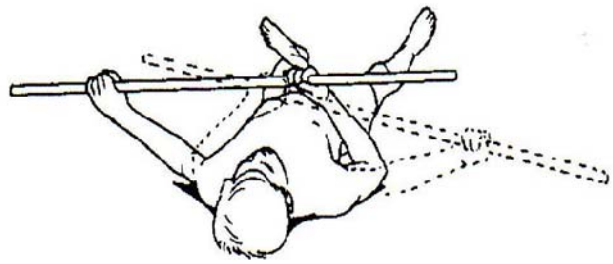
Phase 2—Passive range of motion

- **External-internal rotation**

Lay down on your back. Hold stick with good hand in under grip and operated hand in a top grip, 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 of your bad arm by your side.

10 reps 2x/day



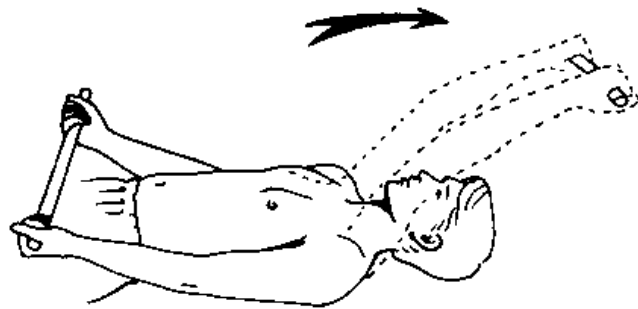
- **Shoulder flexion**

Lay on your back.

Hold the stick underhand with both hands.

Slowly and very gently move the stick over your head, use your good arm to move the operated arm.

10 reps 2x/day



Use your good arm to move the arm that has had surgery.

Only move the shoulder through a comfortable range.

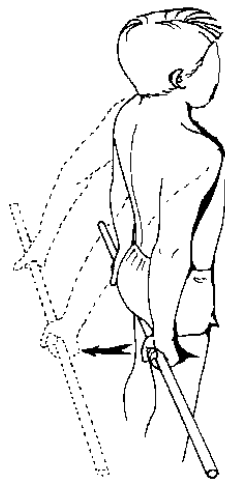
Don't push through the pain.

- **Shoulder extension**

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

Push the stick backwards away from your back.

10 reps 2x/day

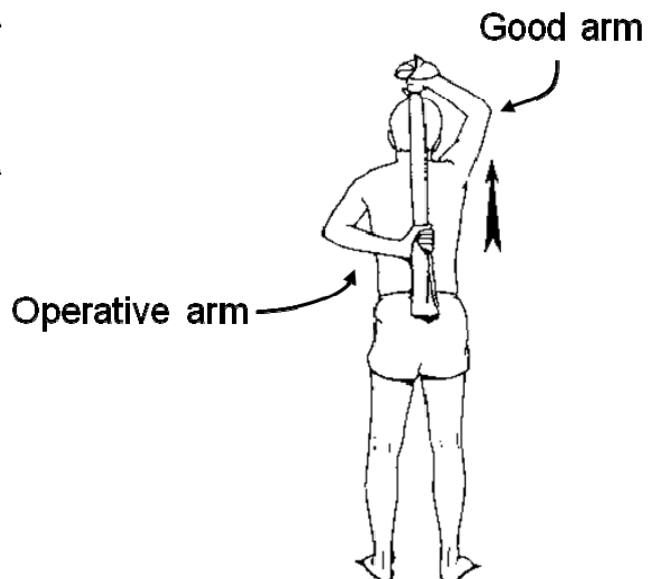


- **Back towel stretch**

Add in this exercise.

Grasp towel in both hands. Place operated arm behind back and use the unaffected arm to pull up the one that has had surgery.

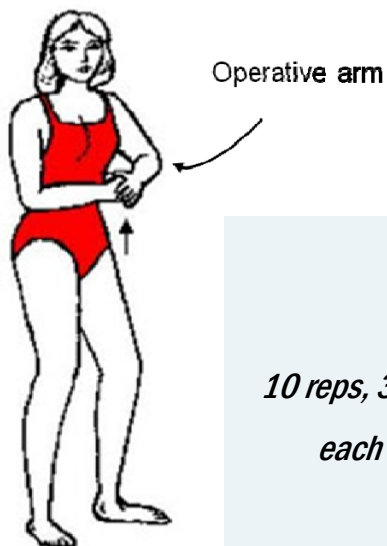
5 reps. Hold 5 secs. 1x/day



Phase 2—Isometric strengthening exercises

- **Isometric Flexion**

With your forearm in front of you, pull the operated hand towards your head against the good hand which is kept still, providing resistance.



10 reps, 3x per day for each exercise

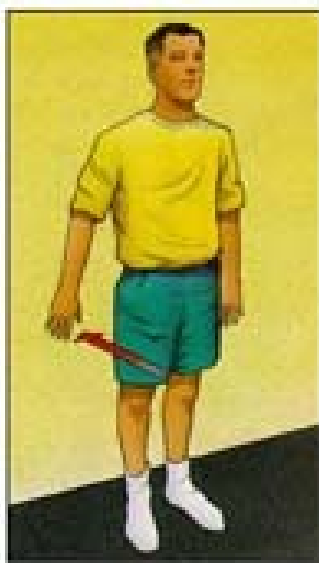
- **Isometric Adduction**

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



- **Isometric Extension**

Push your elbow and arm back into the wall.



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



- **Isometric External Rotation**

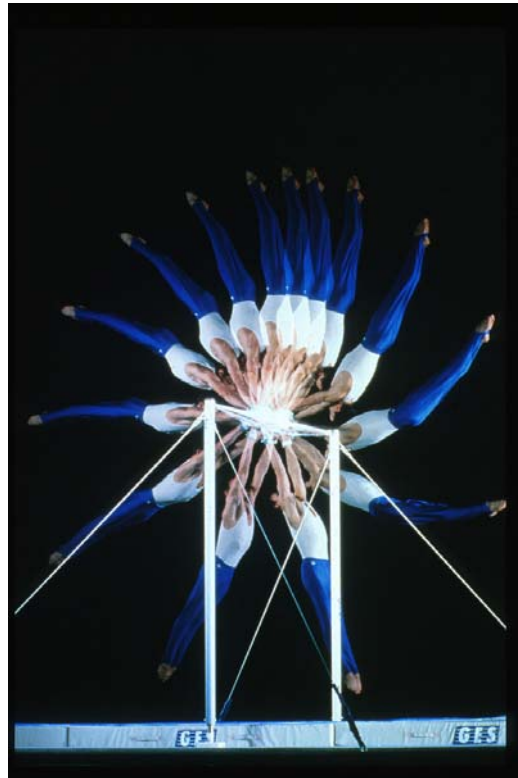
Keeping your elbow by your side, press your forearm so that it swings outwards in the direction of the wall.

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Other milestones

6 WEEKS

- Completed. Well done!

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.

