



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

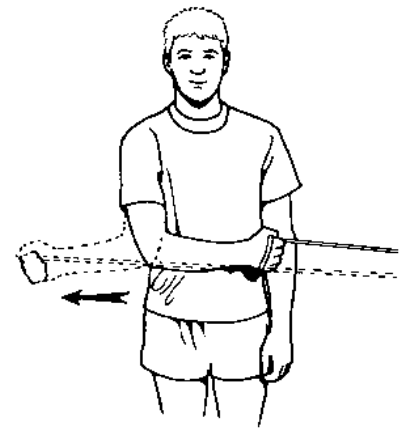
Colour RED Time

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.

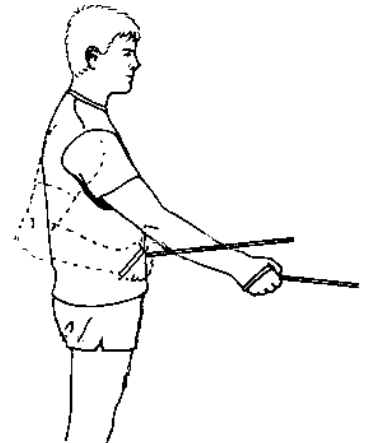
3 x 10 reps, 3x/day



- **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 at first and progress once able to elbows straight.

3 x 10 reps, 3x/day



3 sets of 10 repetitions
3x/day

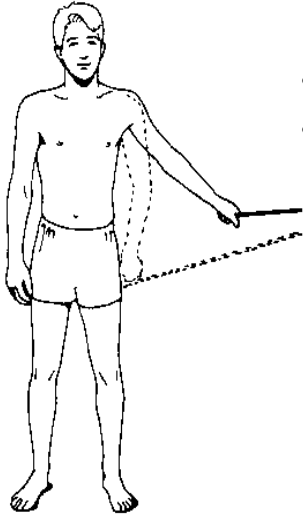
Slow and Controlled Movements



Phase 3—Theraband exercises

- **Theraband Adduction**

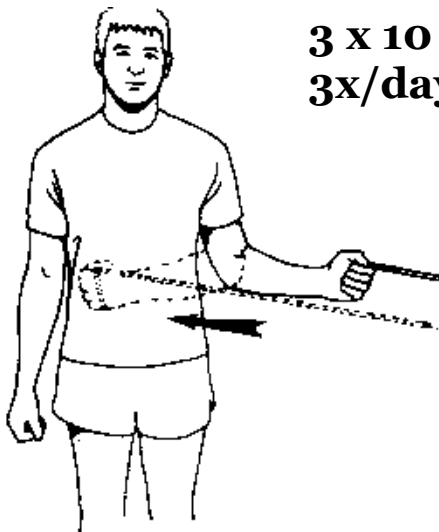
Tie theraband to a hook at shoulder height. Pull affected arm in towards your hip. Keep the elbow straight and thumb pointing up.



**3 x 10 reps,
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,
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. Control both the shoulder blades and shoulder joint as you raise.

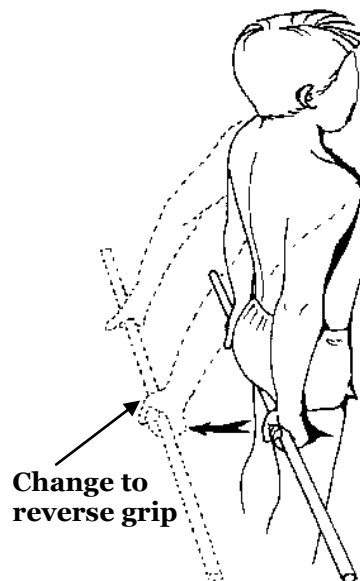


*Commence with no weight. Progress by
0.5kg increments as comfort allows.*

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

- **Shoulder Extension**

Hold a stick with an overhand grip behind your back. The position is changed from the last Phase 2 exercise, 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

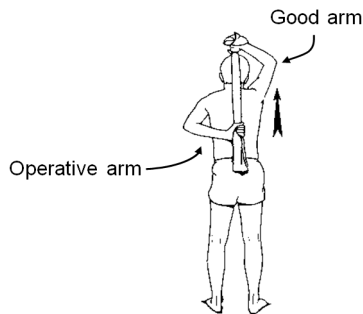
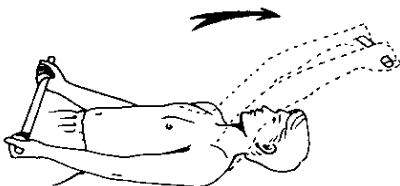
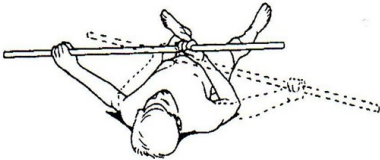


Next Milestone...

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 2kg and 5kg depending on progress and the repair. Our physio will instruct you on this.
- Occasional overhead work of less than 15 minutes in duration.

6 MONTHS

- Final visit with Professor Murrell.
- Ultrasound scan with our sonographer to check the repair.
- Return to full work duties and sports if final clearance obtained from Prof Murrell.

