



Rehabilitation Guidelines

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 you only need to wear the sling 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

Moving your upper limb voluntarily is not possible until the block begins to wear off.

As the block begins to wear off, it is advisable to begin taking the pain killers prescribed for you (eg panadeine forte).



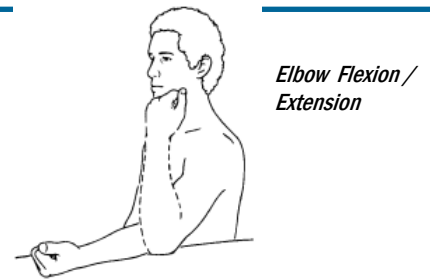
Day 1 until 6 weeks

Repeat the following exercises 3 times per day. Take pain relief medication about 30 minutes before you start the exercises if required. Some pain during or immediately after exercise may be experienced with these exercises.

- **Elbow Flexion and Extension**

Take off the sling. This can be done in sitting or when lying on your back. With the palm of the operated arm up, gently bend and straighten the elbow as far as possible.

Repeat 10 reps, 3x/day
(only need to perform this when using the sling)



Elbow Flexion /
Extension

- **Grip Strengthening**

This exercise can be done whilst the sling is on or off. Grip the rubber ball and squeeze, hold for five seconds and release.

Hold 5 secs, Repeat 10 reps, 3x/day



Grip Strengthening

- **Scapula Strengthening**

This exercise can be done whilst the sling is on or off. Depress your shoulders and simultaneously pinch your shoulder blades back together, hold for ten seconds and release.

Hold 10 secs, Repeat 10 reps, 3x/day



- **Pendular Reach**

Bend at your waist 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 in a relaxed position.

Swing the operated arm in a *clockwise direction* for 1 minute making the circles larger during this time as comfort allows.

Repeat by swinging the arm in an *anticlockwise direction* for a further 1 minute, again making the circles larger each time only as comfort allows.

Clockwise 1min, Anticlockwise 1min, 3x/day



Pendular Reach

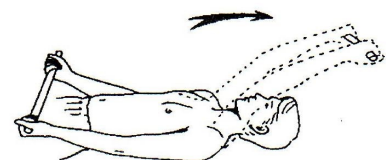
- **Shoulder Flexion**

Lying on your back. Try one of these options with the elbows bent at first, progressing to having your elbows straight:

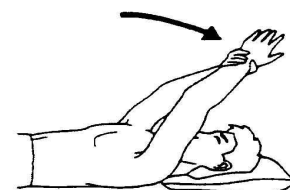
Option 1. Hold stick with both hands. Lift the operated shoulder up towards your head using only the good arm to lift the operated shoulder. Try to lift the arm up over your head as far back only as comfort allows.

Option 2. Clasp the operated arm's wrist and use the good arm to lift the operated shoulder, whilst keeping it relaxed through range, up towards your head. Try to lift the arm up over your head as far back only as comfort allows.

Hold 5secs, 10 reps, 3x/day



Option 1. Shoulder Flexion using a stick



Option 2. Shoulder Flexion using good hand to support wrist

Day 8 - Post-Op Visit

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.

You can now

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

We will have you get an x-ray of your shoulder before the 6 week visit.

ACTIVITIES

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

RESTRICTIONS

No lifting or overhead work.

Day 14 (2 weeks) until 6 weeks

• Horizontal Flexion stretch

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

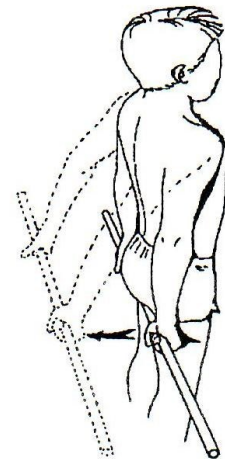
Using unaffected arm *gently* stretch the arm across the body.

*Sets of 10 repetitions,
three times a day*



• Shoulder Extension

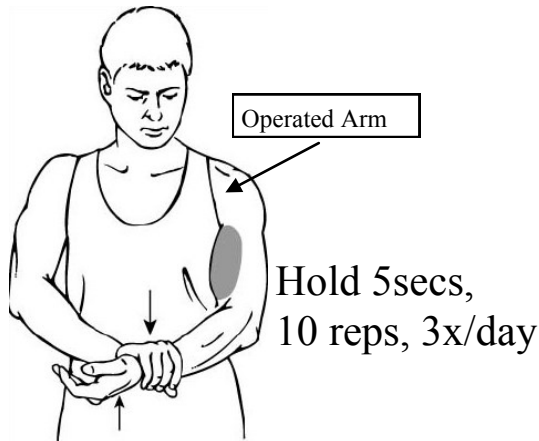
Hold walking stick *underhand* and grip behind your back. Push stick backwards away from your back.



Day 14 (2weeks) until 6 weeks

- **Isometric Flexion**

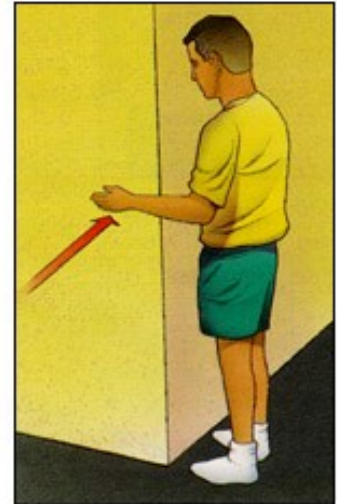
With your operated arm in front of you and the elbow bent at 90°, pull the operated arm towards your head against the good hand which is kept still whilst providing resistance.



- **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 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



*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.

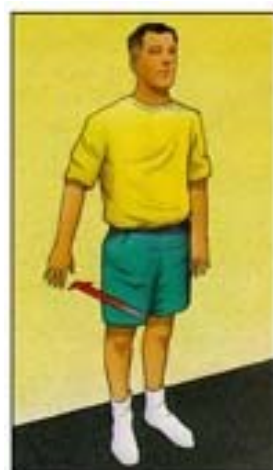
Hold 5secs,
10 reps,
3x/day



- **Isometric Extension**

Push your elbow and arm back into a wall.

Hold 5secs,
10 reps,
3x/day



PROFESSOR GEORGE MURRELL

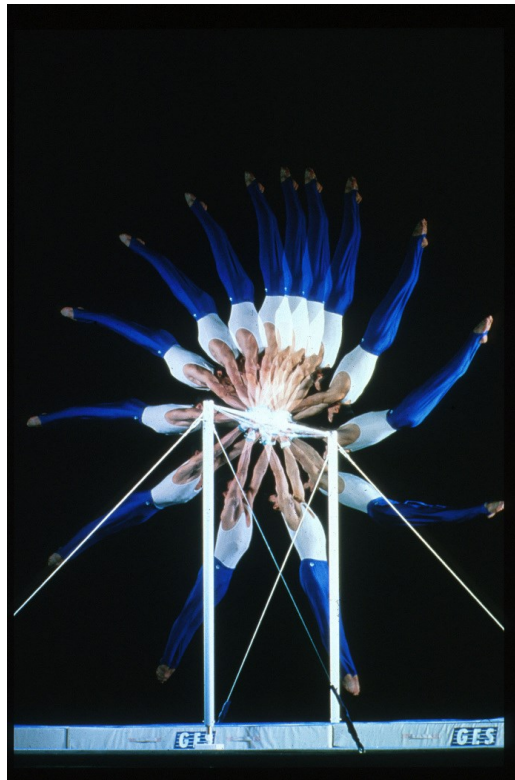
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Other Milestones...

6 WEEKS

- 6 week post-operative physio check up with us.
- No sling if still using it and commence Phase 2 exercises.
- Lifting up to 5kg below chest level.
- No overhead activities except when you perform our prescribed exercises.

3 MONTHS

- 12 week post-operative physio check up with us.
- Commence Phase 3 exercises with use of yellow theraband.
- Commence light lifting close to your body between 5kg and 20kg depending on progress. Our 12 week physio review will instruct you on the lifting progressions.
- Occasional light overhead work of less than 15minutes duration.

6 MONTHS

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

