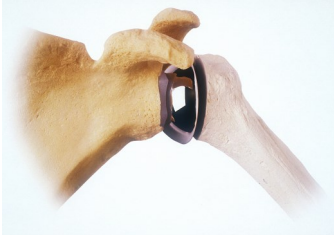


Phase 2: 6 weeks — 3 months

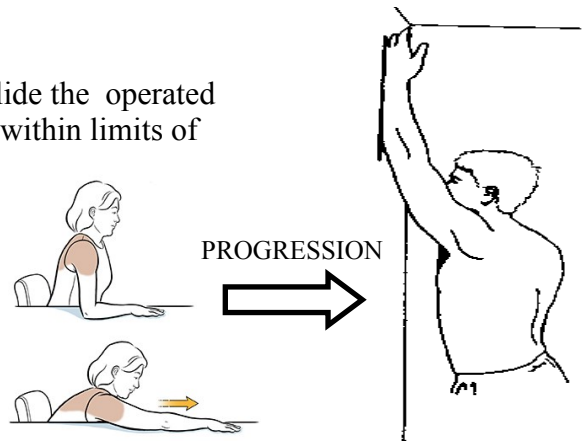


- *No further requirement to wear the shoulder sling.*
- *No overhead activities except for when you perform the prescribed exercises below.*
- *You can lift 2- 5 kg to your chest level if strength and comfort allows.*

• **Flexion Stretch**

Use your good arm to help slide the operated arm on a table OR up a wall within limits of comfort and stiffness/pain.

Hold 5secs, 10 reps, 2-3x/day

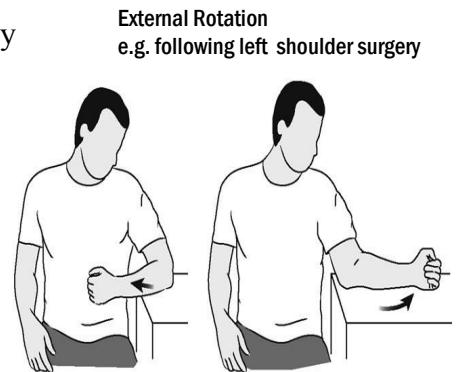


• **Active Supported External Rotation**

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.

Repeat 10 reps, 2-3 x/day



Shoulder Replacement

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Horizontal Flexion  
e.g. following left shoulder surgery

• **Horizontal Flexion Stretch**

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

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

Hold 5secs, 10 reps 2x/day

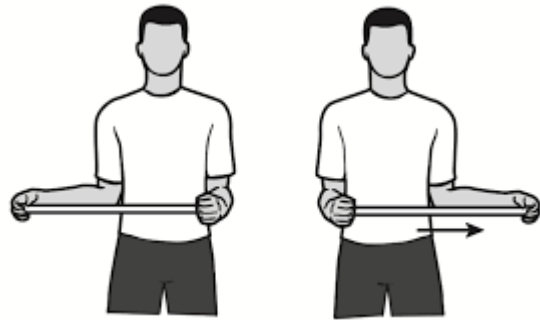


## Phase 2—Passive Range Of Motion

- **External - Internal Rotation**

Sitting or Standing. Hold stick. 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.

Hold 5secs, 10 reps, 2-3x/day

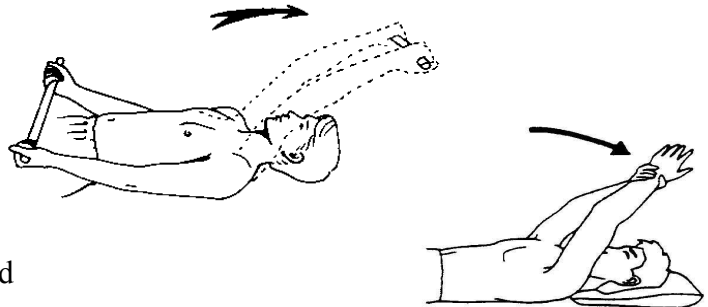


External—Internal Rotation  
e.g. following left shoulder surgery

- **Shoulder Flexion**

Continue this from Phase I exercises whilst lying on your back using a stick or the other hand to assist as previous.

Hold 5secs, 10 reps, 2-3x/day



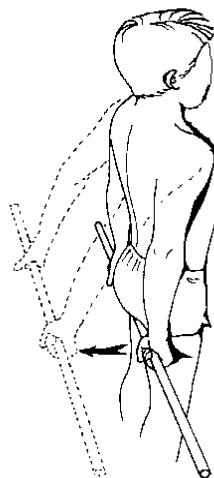
- **Shoulder Extension**

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

Push the stick backwards away from your body.

Do not lean your trunk forward.

Hold 5secs,  
10 reps, 2-3x/day



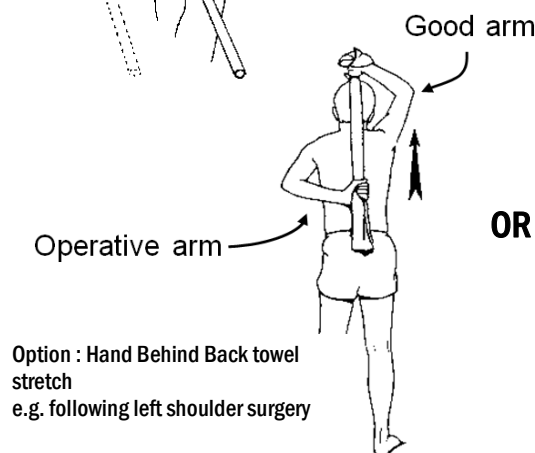
*Use your good arm to help move the arm that has had surgery.  
Only move the shoulder through a comfortable range.  
Don't push through the pain.*

- **Hand Behind Back Stretch**

Grasp towel in both hands (Option 1) or use the other hand to assist (Option 2).

Place your operated arm behind your back and use the good arm to pull up the one that has had surgery.

Hold 5secs,  
Start with 5 reps, 1x/day  
Progress to 10 reps, 2x/day  
as comfort allows



Option 1: Hand Behind Back towel stretch  
e.g. following left shoulder surgery

OR



Option 2: Hand Behind Back stretch  
e.g. following right shoulder surgery

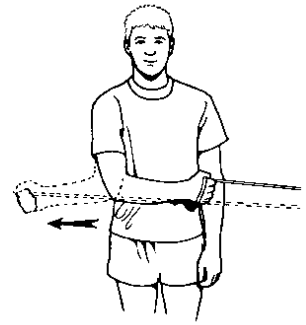
## Phase 2—Isometric Strengthening Exercises

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### 1. Theraband External Rotation

Tie theraband to door handle. Pull theraband outwards (external rotation). Start with a small amount of rotation and slowly increase the range of movement over the next 3 months. Remember to keep the elbow bent at 90° with the elbow close to the side of the body.

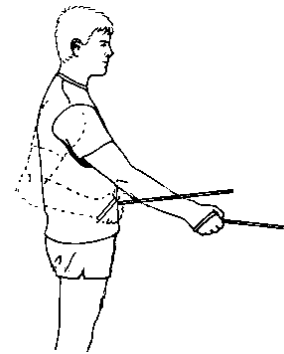
**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



### 2. 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. You can keep your elbows bent at first and progress once able to elbows straight.

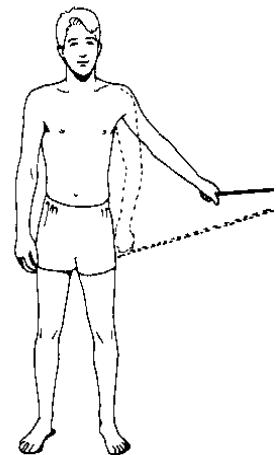
**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



### 3. Theraband Adduction

Tie theraband to door handle. Pull affected arm in towards your hip. Keep the elbow straight.

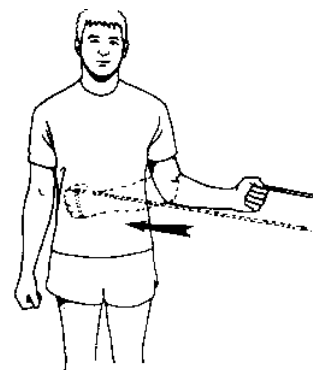
**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



### 4. Theraband Internal Rotation

Tie theraband to door handle. Pull theraband inwards and towards your abdomen. Keep elbow bent at 90° throughout the movement.

**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



## PROFESSOR GEORGE MURRELL

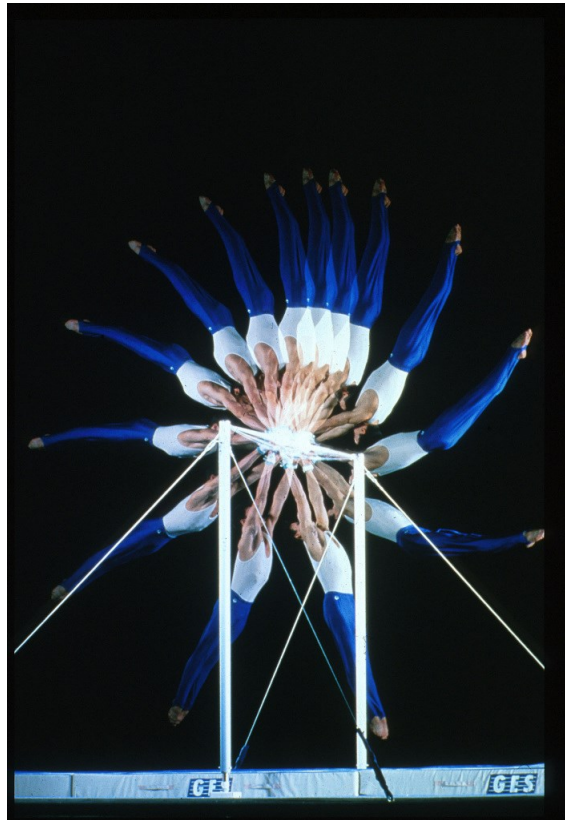
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## Other Milestones...

### 6 WEEKS

- Completed. Well done!
- Continue to use Ice Pack for 15minutes for pain relief and following exercise as required.
- Lifting up to 2-5kg below chest level.
- No overhead activities except when you perform the above prescribed exercises.

### 3 MONTHS

- 12 week post-operative physio check up with us.
- Commence Phase 3 exercises with use of yellow theraband.
- 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.
- Light breast stroke swimming may be permitted at 3 to 6 months depending on progress.

### 6 MONTHS

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

