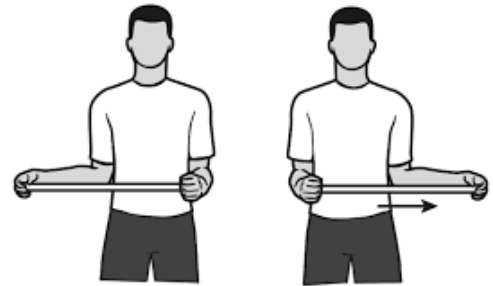


*You can stop wearing the sling.*

• **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. **DO NOT** force this movement beyond comfort!

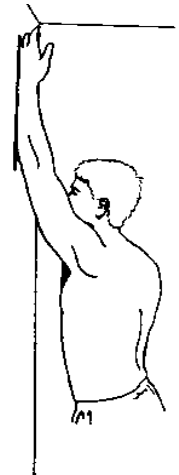
Hold 5secs,  
10 reps,  
2-3x/day



• **Flexion Stretch**

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

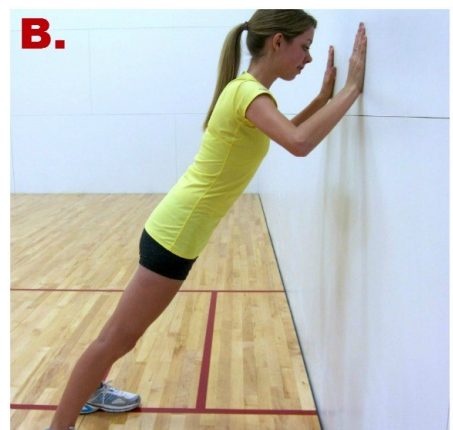
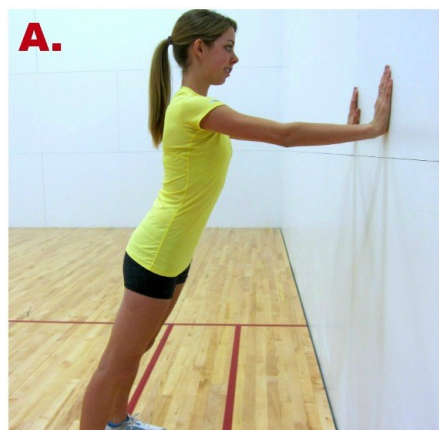
Hold 5secs, 10 reps, 2-3x/day



• **Wall Push Up**

Place hands on wall just below shoulder height. Pinch shoulder blades down and back. Lean into wall, bending at the elbow ensuring your elbows remain strictly in and do not turn out. Then push back like a push-up. Keep elbows in!

Build up to 3sets of 10 reps, 2x/day

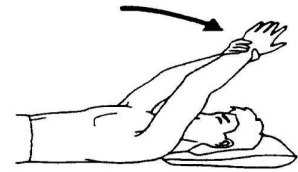
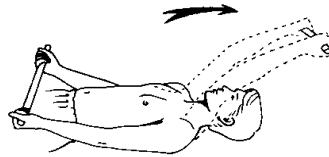


# Stabilisation—Phase 2 exercises: 6 weeks— 3 months

- **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, 3x/day



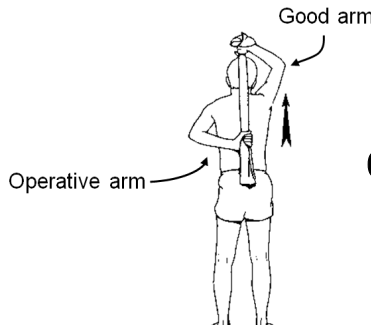
- **Hand Behind Back Towel Stretch**

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

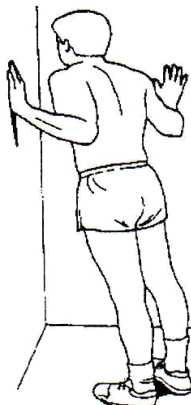
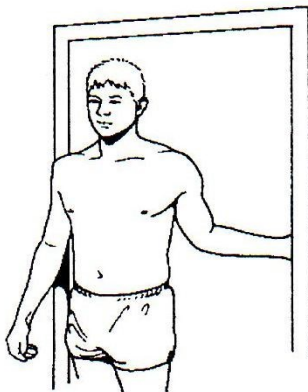
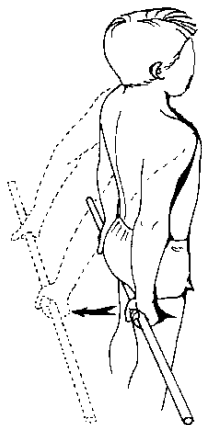


Option 2: Hand Behind Back stretch  
e.g. following right shoulder surgery

- **Additional Stretches**

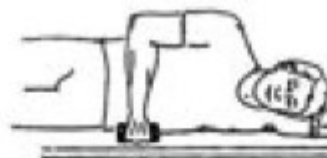
For the following four exercises DO NOT force the movements beyond the limits of comfort!

Perform 10 reps, 2x/day

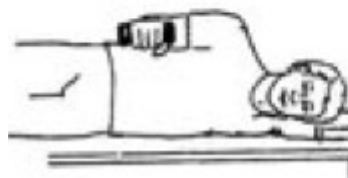


- **Side lying External Rotation Strengthening**

Sleep on your side so that the operated shoulder is on top. Using no weight to commence, rotate the arm with the elbow bent at bent at 90° from your abdomen to **NEUTRAL** as per images below. As you improve, **progress by 0.5kg to a maximum 1kg over the next six weeks**



Start Position



Neutral Position

Slowly build up from 10 reps, 2 times per day,

TO

3 sets of 10 repetitions, 2 times per day

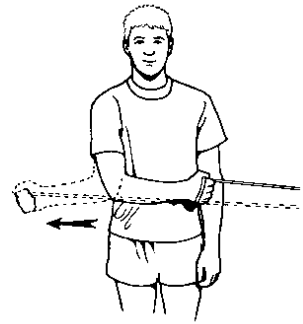
## Phase 2 - Yellow (only) Theraband Strengthening Exercises

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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.

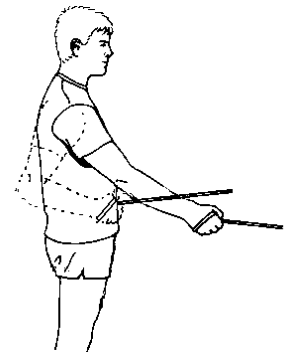
**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



### 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.

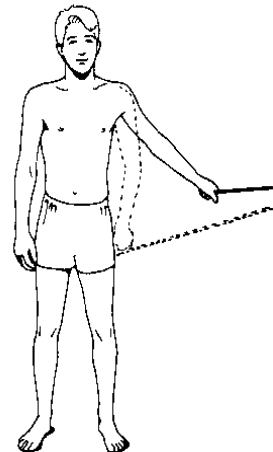
**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



### 3. Theraband Adduction

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

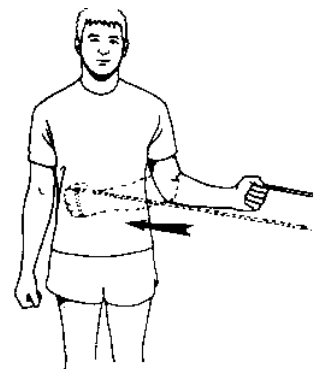
**Slowly build up to 3 sets of  
10 repetitions, aiming for 3x/day**



### 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**



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## Other Milestones...

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### 6 WEEKS

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

### 3 MONTHS

- 12 week post-operative physio check up.
- Commence Phase 3 exercises with use of yellow theraband.
- Commence lifting between 10kg and 20kg depending on progress. Our 12 week physio review will instruct you on this.
- Occasional light overhead work of less than 15 minutes duration.

### 6 MONTHS

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

