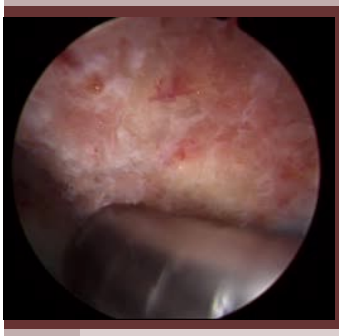


Arthroscopic Acromioplasty

PROFESSOR GEORGE MURRELL

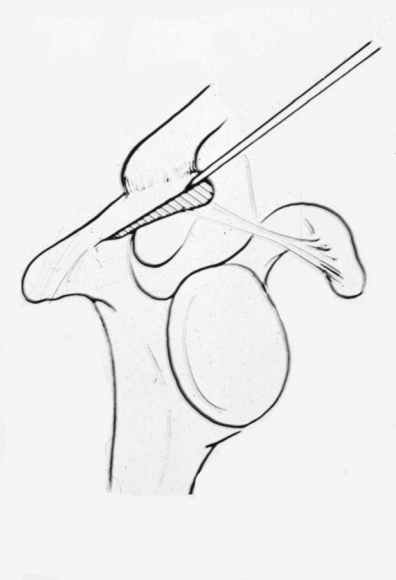
Rehabilitation Guidelines

nexus | Kogarah Private Hospital

Day 0

The following is a detailed outline of the rehabilitation regime for patients who have had an arthroscopic acromioplasty by Prof Murrell.

You will not have a sling. We want you to start using and moving your shoulder as soon as you can.



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

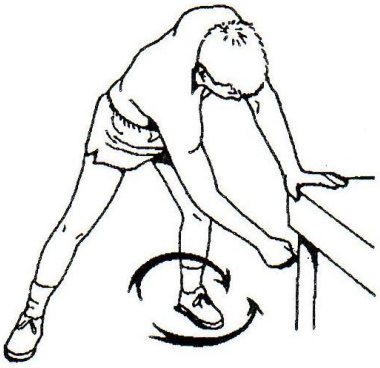
Local Anaesthetic Block

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).

YOU ARE ABLE TO DRIVE AND RETURN TO WORK AS SOON AS POSSIBLE AND AS COMFORT ALLOWS

Day 1 until 6 week review

- **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.

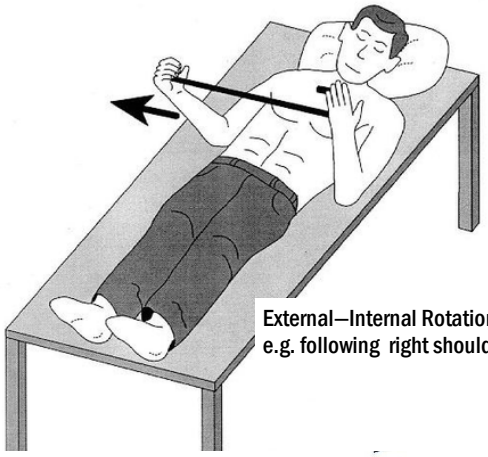
Clockwise 1min, Anticlockwise 1min, 3x/day

- **External-Internal Rotation**

Lying on your back. Hold stick with both hands. 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 bent at 90° and close to your side.

Hold 5secs, 10 reps, 3x/day



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

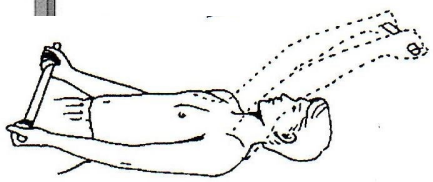
- **Shoulder Flexion**

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

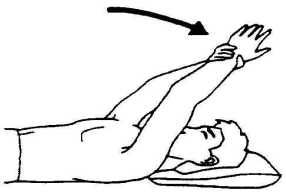
Option 1. Hold stick with both hands. Lift the operated shoulder up towards your head using only the good arm to lift the operated shoulder. Try to lift the arm up over your head as far back only as comfort allows.

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

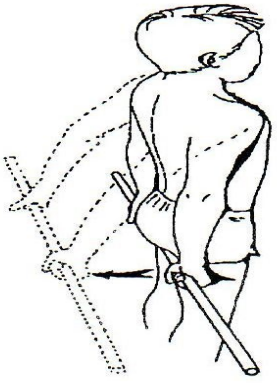


Option 2. Shoulder Flexion using good hand to support wrist

- **Shoulder Extension**

Hold the stick using an *underhand* grip behind your back. Push the stick backwards away from your body as comfort allows.

Hold 5secs, 10 reps, 3x/day

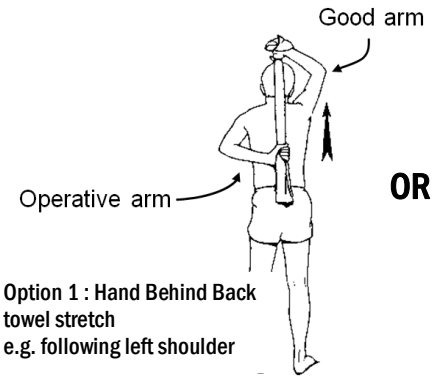


Day 3 until 6 week review

- **Hand Behind Back Towel Stretch**

  Grasp towel in both hands.
  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

OR

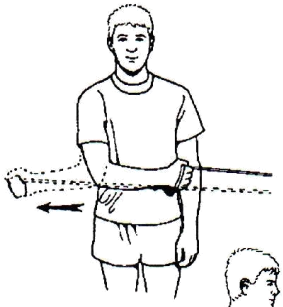
Option 2: Hand Behind Back stretch
e.g. following right shoulder

Day 7 until 6 week review

- **Theraband External Rotation**

  Tie theraband to door handle. Pull theraband outwards and away from the body. Keep elbow bent at 90° with the elbow close to the side of the body. Perform slow and controlled movements.

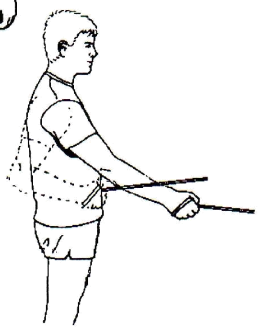
  3 x 10 reps, 2-3x/day



- **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 and progress once able to elbows straight.

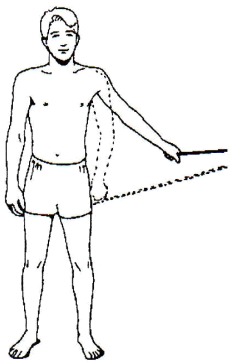
  3 x 10 reps, 2-3x/day



- **Theraband Adduction**

  Tie theraband to door handle. Pull affected arm in towards your hip. Keep the elbow straight. You can adjust height of band to be elevated higher if you feel you require additional resistance within your limit of comfort and strength.

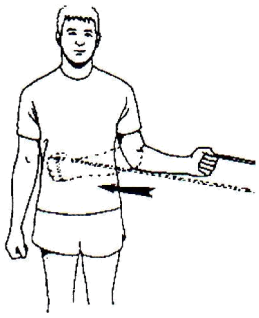
  3 x 10 reps, 2-3x/day



- **Theraband Internal Rotation**

  Tie theraband to door handle. Pull theraband inwards and towards your abdomen. Keep elbow bent at 90° with the elbow close to the side of the body. Perform slow and controlled movements only.

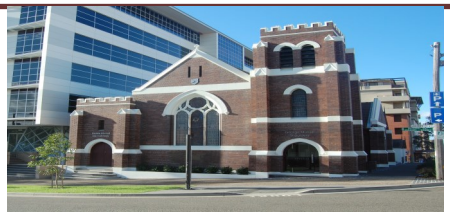
  3 x 10 reps, 2-3x/day



Post-op Visit

Post-Op Visit

- You will come back the week after the surgery for suture removal at your scheduled appointment in our rooms at The Church, 17 Kensington Street, Kogarah



At your Post-Op Visit we will:

- Remove the bulky dressing.
- Take out your stitches.
- Review your operation with you.

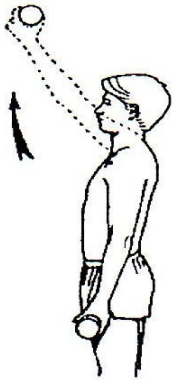
Following suture removal, you can then :

- Get your shoulder wet.
- Continue home exercises.

Day 10 until 6 week review

- **Straight Arm Lifts**

  Raise affected arm out in front of body and lift upwards towards ceiling with palms facing up. Keep elbow straight.



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

10 reps, 2 x/day

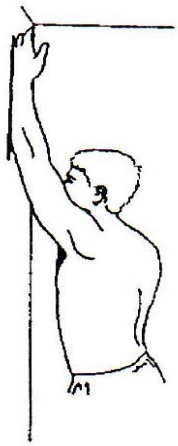
Day 14 (2 weeks) until 6 week review

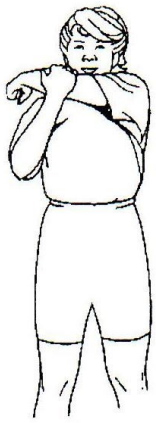
- **Stretches**

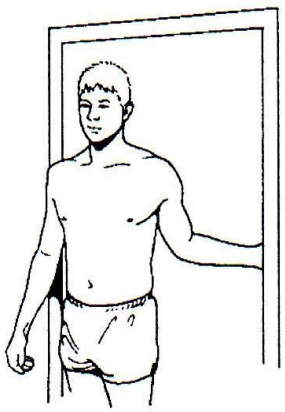
  Do the following stretches until 6 week review

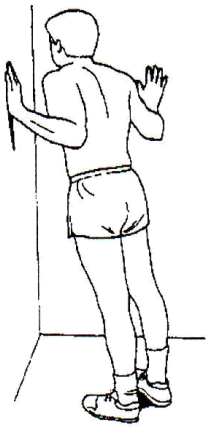
*Hold up to **10 seconds,** Repeat **10 times,***

*Perform these exercises **3 times per day***









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Other Milestones...

ACTIVITIES

- You are able to drive and return to work as soon as possible.

RESTRICTIONS

- None.

6 WEEKS and 3 MONTHS

- Post-operative physio check up with us.
- Progressions of exercise program

6 MONTHS

- Final visit with Prof Murrell.