



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.

GRIP STRENGTHENING

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

Hold 5 seconds, Repeat 5-10 reps, 3x/day



SCAPULA RETRACTION / DEPRESSION

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 five seconds and release.

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



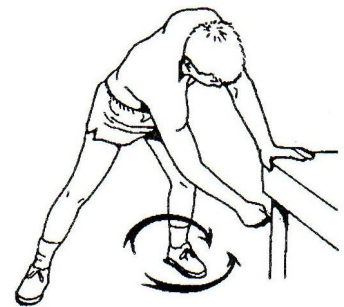
PENDULUM

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



SHOULDER FLEXION

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

For both options, only move the operated arm as comfort allows, up towards the level of your shoulder joint.

Option 1. Hold stick with both hands. Slowly and very gently move the stick towards your shoulder joint. Use your good arm to move the operated arm.

Option 2. Clasp the operated arm's wrist and use the good arm to lift the operated arm, whilst keeping it relaxed through range, up towards the level of your shoulder joint.



Option 1. Shoulder Flexion using a stick



Option 2. Shoulder Flexion using good hand to support wrist

Repeat 10 reps slowly, 2 –3 x/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



We will

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

You can now

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

ACTIVITIES

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

RESTRICTIONS

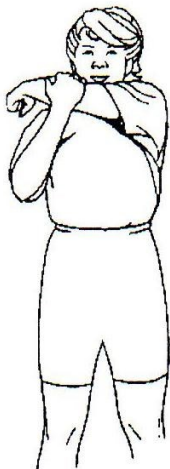
No lifting or overhead work.

Day 14 (2 weeks) until 6 weeks

• Horizontal Flexion stretch

With the thumb pointing downwards, raise operated arm to chest height and slowly progress to shoulder height.

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

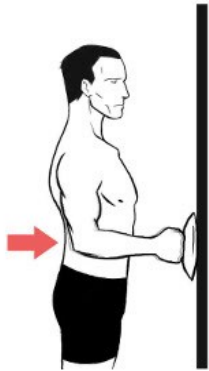


*Hold for 5secs,
Repeat 10 repetitions,
Perform 2 times each day*

Day 14 (2weeks) until 6 weeks

- **Isometric Flexion**

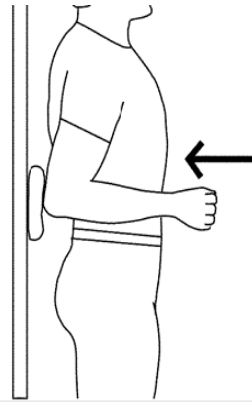
With your operated arm, you are trying to resist the forward movement of your shoulder against a wall or steady surface, with the elbow bent at 90°.



Hold 5secs,
10 reps, 2x/day

- **Isometric Extension**

This is the opposite movement of shoulder flexion. Here, you are trying to push into the wall while trying to bring your shoulder backward.

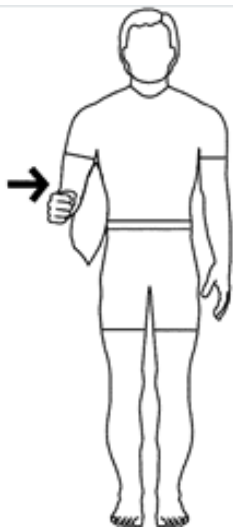


Hold 5secs,
10 reps, 2x/day

*All pushes should be gentle.
Don't push through pain*

- **Isometric Adduction**

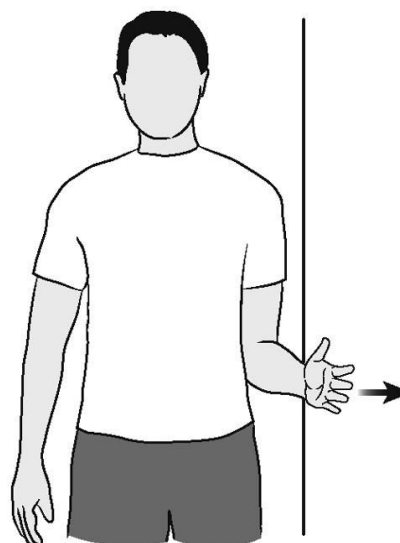
Gently Squeeze a pillow into your body with the elbow and arm. Keep the neck relaxed and the shoulder blades pinched together.



Hold 5secs,
10 reps, 2x/day

- **Isometric External Rotation**

Keep your elbow at 90° and close to your side. Whilst holding it by your side, press your forearm so that it swings outwards into a wall.



Hold 5secs,
10 reps, 2x/
day

PROFESSOR GEORGE MURRELL

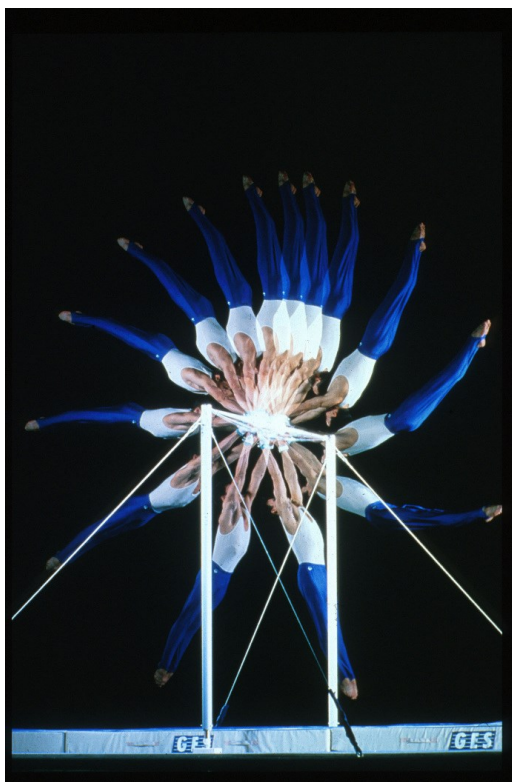
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Other Milestones...

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 2kg 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 2-5kg 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.

