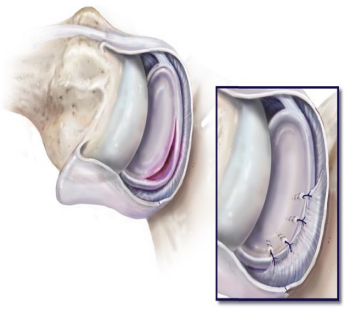
Stabilisation

Rehabilitation Guidelines
Phase 1: 0 - 6 weeks

Kogarah Private Hospital
nexus



PROFESSOR GEORGE MURRELL

Arthroscopic Stabilisation

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

*You will have a **Sling** which needs to be worn during the day for the first 6 weeks. You need to use the sling at night for the first 48 hours after your surgery, then if you are comfortable, you can remove it during the night only.*

It is not necessary to wear the waist strap on the sling. You can remove the sling to perform the rehabilitation exercises.

You can also remove the sling to have a shower, to get dressed or when sitting quietly if comfort allows - and on those occasions the sling comes off, the arm needs to be kept slightly elevated adjacent to the body, supported on pillows or an armrest.

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

Perform the following exercises 3 times per day within comfort. Try taking your pain relief medication before you start the exercises if required, but only as prescribed. Some clicking in the shoulder or pain during or immediately after exercise may be experienced with these exercises. Use the ice pack following exercise if required.

- **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

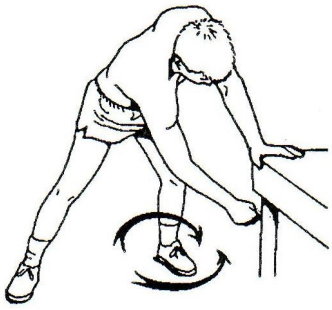
- **Pendulum**

  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



What To Expect...

The pain is often worse at night, especially the first few nights.

Don't forget to use the ice pack, and your pain relief medication.

Some patients find it more comfortable to sleep a little more vertical, for instance in a recliner.

It is common to get swelling about the arm, forearm, hand and fingers for the first 6 weeks.

You are not permitted to actively move your operated shoulder or lift any weight for the first 6 weeks. You are not allowed to perform any overhead activity for the first 12 weeks except when you are performing the exercises prescribed.

Contact our rooms if:
- you experience drainage or odour from the wound
- increased pain unrelieved with pain medication
- sudden, severe pain
- increased redness around the incision
- persistent fever above 38°C

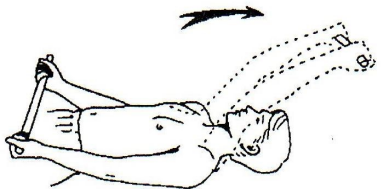
Day 7 (1 week post-surgery) until 6 weeks

- **Shoulder Flexion**

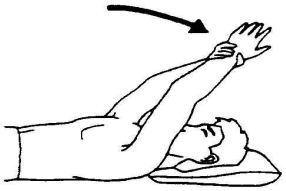
  Lying on your back. Try one of these options with the elbows bent at first, progressing to having your elbows straight:

  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 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 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

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.
- Review the operation with you.

You can now

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

ACTIVITIES

You should able to drive in 2-3 weeks.

RESTRICTIONS

No lifting or overhead work.

Day 14 (2 weeks) until 6 weeks

- **Horizontal Flexion stretch**

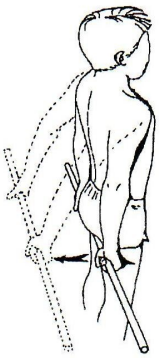
  With the thumb pointing downwards, raise operated arm to shoulder height. Using unaffected arm *gently* stretch the arm across the body.

  Hold 5secs,
  10 reps, 3x/day

- **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



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Other Milestones...

6 WEEKS

- 6 week post-operative physio check up with us.
- No sling 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.
- Commence lifting close to your body between 10kg and 20kg depending on progress and the repair. 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 duties and sports if final clearance obtained from Prof Murrell.