

# Exercises following shoulder surgery

Information and advice for patients

## *Physiotherapy*

A physiotherapist may see you in hospital to teach you some exercises to perform after your shoulder surgery. They will advise you which of the exercises in this leaflet to perform, and will demonstrate them for you. If you don't see a physiotherapist on the ward they will contact you at home 1-2 days after your operation.

### **What are the benefits of the exercises?**

These exercises will help you maintain good muscle strength and movement and will help to reduce pain after your operation. The amount of benefit you get from the exercises will depend on how much effort you put in. In order to get the best results you will need to be committed to doing your exercises.

### **Are there any risks to performing these exercises?**

You may notice that you become hotter and slightly short of breath when performing these exercises, but this is a normal bodily response. You should not perform them if you are feeling light headed or dizzy as you may be at risk of falling. If you feel faint at any time please do not perform the exercises until it has passed.

### **What are the risks of not performing the exercises?**

If you do not perform the exercises regularly you may experience stiffness and loss of movement in your shoulder or elbow. You may also not see any improvements in your shoulder pain or function after the operation.

### **Are there any alternatives to performing the exercises?**

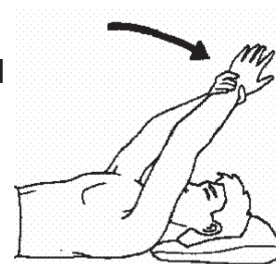
There are no alternatives to these exercises that will help you maintain good muscle strength and movement, or help you to regain function in your operated shoulder.

## **The exercises**

### **Flexion**

1. Lie on your back or sit in a chair.
2. Grip the hand of your operated arm with the non-operated arm.
3. Bring your arms up over your head.
4. Return to the starting position.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day



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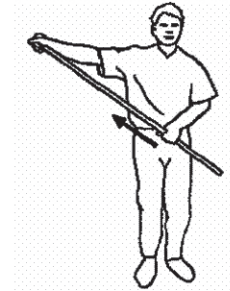
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## Physiotherapy

### Abduction/Adduction

1. Stand up and hold a stick with both hands shoulder-width apart in front of you.
2. Use your non-operated arm to push your operated arm to the side away from your body.
3. Lower your arms back to the side of your body.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day

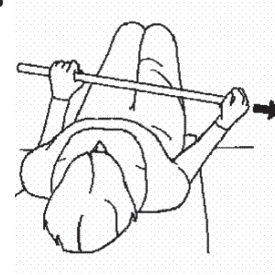


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### External Rotation

1. Sit down and hold the stick in both hands with your elbows bent to 90 degrees.
2. Keep the elbow of your operated side by your body.
3. Use your non-operated arm to help move the hand of your operated arm away from your body. Ensure the movement occurs at the shoulder.
4. Return to the starting position.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day

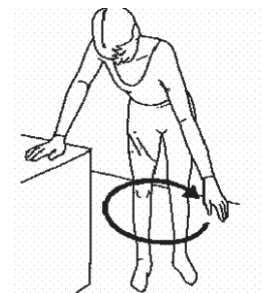


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### Pendular

1. Stand up and lean forward from your hips.
2. Place your non-operated arm onto a low table or other support.
3. Allow your operated arm to hang without effort, like a pendulum.
4. Move the operated arm backwards and forwards, easily and slowly, then side-to-side and in a circular motion in both directions.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day



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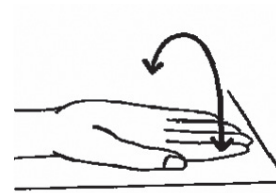
### Elbow Range of Movement

1. Sit up straight in a chair or stand up straight.
2. Bend the elbow of your operated side, bringing your hand towards your operated shoulder, and then straighten your arm.
3. Bend your elbow to 90 degrees and hold.
4. Turn the palm of your hand to face the ceiling, then to face the floor.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day



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### Contact details

If you have any questions or concerns about these exercises or your progress please speak to your physiotherapist during your outpatient appointment.

Alternatively you can contact the trauma and orthopaedic physiotherapist by telephoning the hospital switchboard and asking the operator to bleep them.

### Hospital switchboard

0121 554 3801

### Sources used for the information in this leaflet

- Holt, Gibson and Frostick, 'GOST: Guide for orthopaedic surgeons and therapists', 2001
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If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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