

Exercises following shoulder surgery

Information and advice for patients

Physiotherapy

A physiotherapist may see you in hospital to teach you some exercises to do after your shoulder surgery. If you do not 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?

The benefits of doing the recommended exercises are they will help you:

- Maintain good muscle strength and movement
- Reduce feeling pain after your operation
- Make the best possible recovery

Are there any risks to performing these exercises?

There are no significant risks involved in performing these exercises, however:

- You may feel hotter and slightly short of breath when performing these exercises. This is a normal response for your body.
- You may feel dizzy or light-headed or faint. If you feel like this, you should stop doing the exercise as you are at risk of falling.

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 in how it works after the operation.

Are there any alternatives to performing the exercises?

There are no alternatives to these physiotherapy exercises.

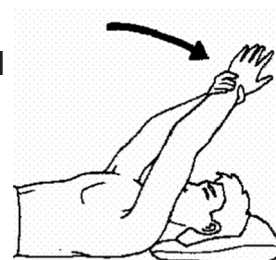
How to perform the exercises

In order to get the best results you will need to be committed to doing the exercises. Your physiotherapist will advise you which of the exercises in this booklet are best for you, and will demonstrate them for you.

Flexion

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

Repeat _____ times, _____ times per day



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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

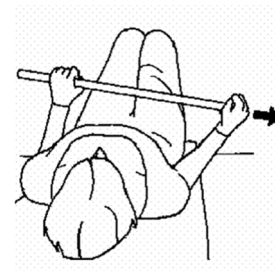


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External Rotation

1. Lie 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

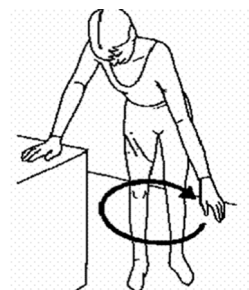


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Pendular

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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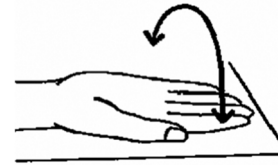
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Elbow Range of Movement

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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Follow-up

You will receive an outpatient appointment to discuss your progress with your physiotherapist after the surgery.

Contact details

If you have any more questions or any problems please speak to the orthopaedic physiotherapist: 0121 507 6702

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

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 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net



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