

# Physiotherapy following Shoulder Surgery



**ST VINCENT'S  
PRIVATE HOSPITAL**  
NORTHSIDE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

This information is a general guide only.

Instructions and specific exercises may vary depending on your specific surgery and situation. Your surgeon or physiotherapist will inform you of any further instructions or limitations.

Please ask if there is anything you are unsure about.

Your physiotherapist: \_\_\_\_\_

Phone: 07 **3326 3000**    Pager no. **0104**

Alternative contact: \_\_\_\_\_



Please contact your nurse if you require an interpreter.

# Physiotherapy following Shoulder Surgery

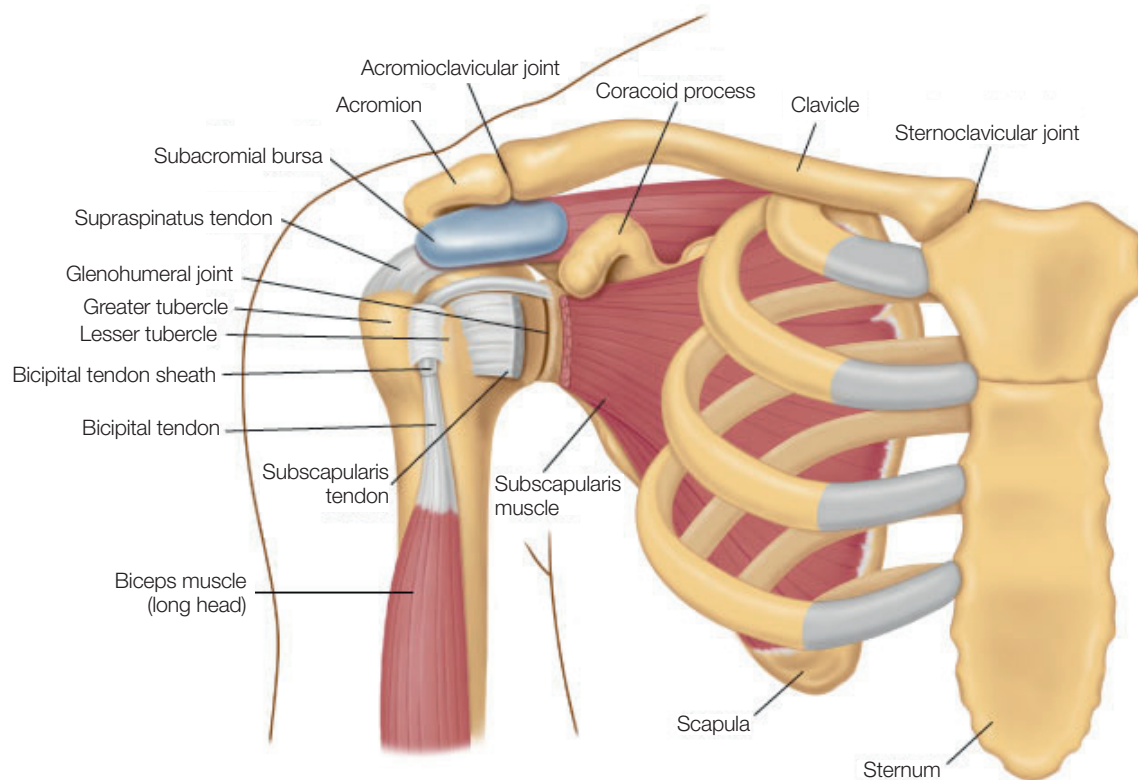
## Welcome to St Vincent's Private Hospital Northside

Our Hospital's Orthopaedic Physiotherapy Team will work with you to regain normal function after your operation.

They will provide you with advice and a home exercise program to enable you to continue your rehabilitation at home.

Please take the time to read through the information in this booklet as it is relevant to your wellbeing and rehabilitation.

There is a Notes section at the back of this booklet for any questions you may wish to ask your physiotherapist.





# General exercises

## ○ Deep breathing

- Hourly (day of and day after operation).
- Relax your shoulders and take in a deep breath.
- Hold for three (3) seconds, and then slowly breathe out.
- After five (5) deep breaths have a strong cough.
- Repeat.

## ○ Hand movements

- Open your hand as wide as possible, hold for three (3) seconds, then close it again making a fist and hold for three (3) seconds.
- Repeat five (5) times, three (3) times a day.

## ○ Wrist movements

- Bend and straighten the wrist.
- Repeat five (5) times, three (3) times a day.

## ○ Forearm movements

- Turn forearm so that palm faces the ceiling, then down so that the palm faces the floor.
- Repeat five (5) times, three (3) times a day.

## ○ Neck movements

- Whilst keeping your shoulders still look down towards the floor, then to the left and to the right.
- Repeat five (5) times, three (3) times a day.

## ○ Shoulder blade positioning



- Ensure your shoulders rest at the same height:
  - if your operated shoulder appears higher than your un-operated shoulder, gently push your shoulder down away from your ear; or
  - if your operated shoulder appears lower than your un-operated shoulder gently move the operated shoulder towards your ear.
- Then gently squeeze your shoulder blades together.
- Repeat five (5) times, three (3) times a day.

## ○ Elbow movements



- Take your arm out of the sling. Slowly straighten your arm whilst keeping your hand close to your stomach. Return hand back to starting position.
- Repeat five (5) times, three (3) times a day.
- Straighten your arm as far as pain allows.
- Avoid the final \_\_\_\_\_ degrees of movement.

# Shoulder exercises: *Passive movements*

Ensure your operated shoulder's muscles are switched off during these movements. Use gravity or your non-operated arm to do all the work.

Repeat all passive exercises five (5) times, two (2) times a day.

## ● Flexion

- In sitting or standing, lean forward from the waist allowing your operated arm to fall forward towards the ground. If your sling is on, the horizontal strap will need to be loosened. You may use your non-operated arm to help guide the movement.
- This exercise allows easier access to your armpit for washing and drying.
- Your allowed range \_\_\_\_\_



## ● Abduction



- Use your non-operated hand to move your operated arm out to the side. You will need to loosen the straps of your sling.
- Your allowed range \_\_\_\_\_

## ● External rotation



- Keep your elbow tucked into your side, then use your non-operated hand to pivot your forearm away from your trunk.
- Your allowed range \_\_\_\_\_

## Shoulder exercises: *Active movements using a stick*

These exercises tend to be used to regain shoulder range of movement as quickly as possible post surgery.

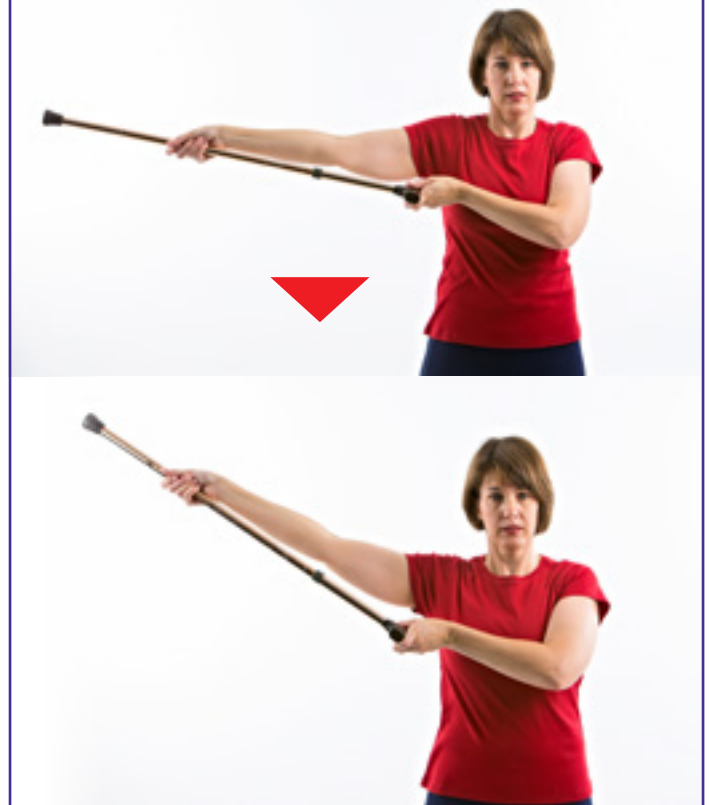
Repeat prescribed active exercises five (5) times, three (3) times a day.

### ● Flexion



- Using both hands, move the stick forward as high as possible.

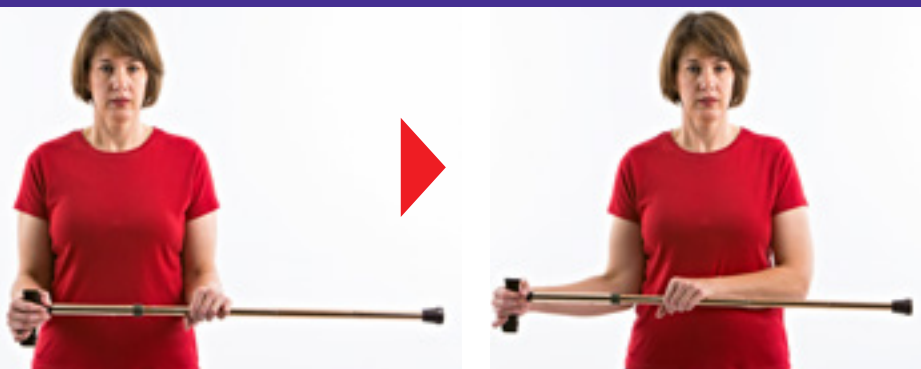
### ● Abduction



- Use stick to push operated arm out to the side as far as possible. Keep the palm of operated hand facing forward.

### ● External rotation

- Whilst keeping your elbow or operated arm tucked into your side, use the stick to push forearm away from your trunk.



## Shoulder exercises: *Active movements using a stick*

### ● Extension



- Hold the stick behind your back with both hands.
- Without moving your back, take the stick away from your bottom as far as possible.

### ● Internal rotation



- If your non-operated arm is able, use the stick to pull your operated arm's hand up above your bottom as far as possible.

### ● Hand above head



- Keep your operated arm's hand on your head as you take your elbow out to the side as far as possible.
- This exercise can also be performed lying down with the arm resting in this position for \_\_\_\_\_ minutes, two (2) times a day.

Continue with these prescribed exercises until reviewed by your surgeon.









# St Vincent's Private Hospital Northside

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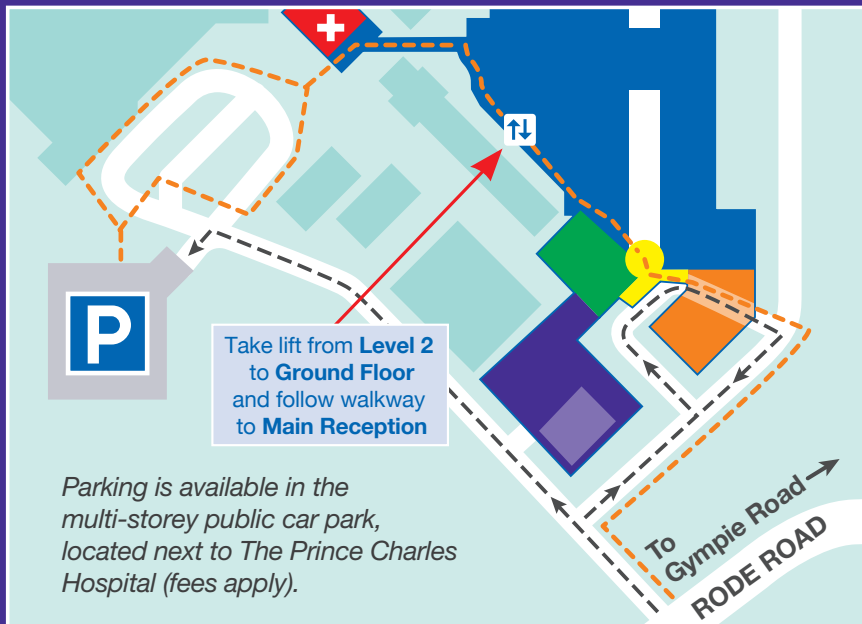
Email: [svphn.enquiries@svha.org.au](mailto:svphn.enquiries@svha.org.au)










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Free WiFi available by connecting to **WiFiHotSpot**



- |   |   |
|---|---|
|  St Vincent's Private Hospital Northside     |  St Vincent's Northside Education Centre |
|  Main Reception/drop-off zone                | <b>Level 1</b>  |
|  St Vincent's Northside Medical Centre       | - Breast Health Centre  |
|  Mary Aikenhead Building                     | - Consulting Suites   |
|  St Vincent's Northside Breast Health Centre | <b>Ground Floor</b>   |
|   | - Education Training Centre   |
|   | <b>Lower Ground Floor</b>   |
|   | - Executive Suites  |
- 
- |  |   |
|--|---|
|  Brisbane Northside Private Emergency |  Multi-storey public carpark |
|  The Prince Charles Hospital          | - - - Vehicular route   |
|  | - - - Pedestrian route  |



Developed in consultation with our consumers (May 2017)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES