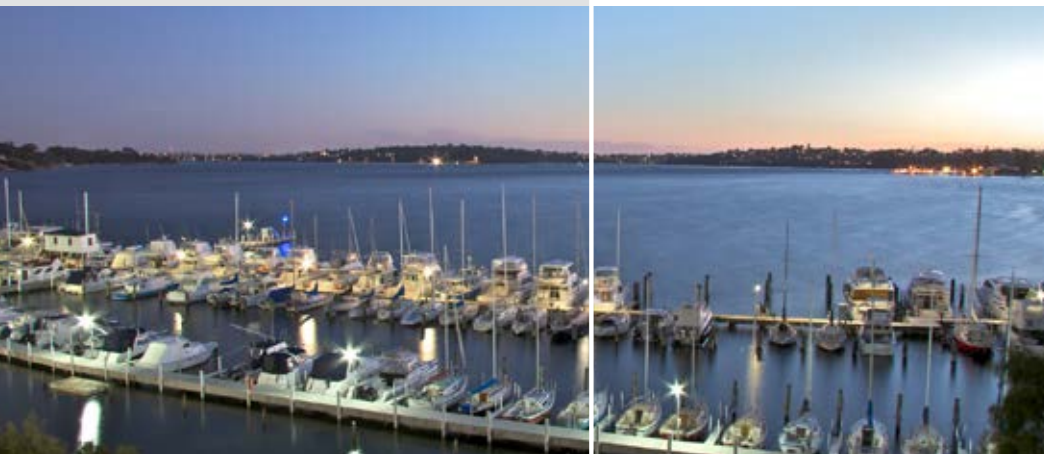




PERTH SHOULDER CLINIC





PHYSIOTHERAPY PROGRAM

PERTH SHOULDER CLINIC

The Perth Shoulder Clinic surgeons work in conjunction with experienced physiotherapists before and after your operation to ensure that your surgery achieves the best possible result.

This booklet contains a rehabilitation exercise program designed specifically for shoulder surgery using a graduated progression of exercises that advance through numbered stages. The program starts with a focus on range of motion and progresses to shoulder strengthening exercises at the end.

It is essential to remember that the early range of motion exercises are designed to maintain movement within your available range. They are not stretches and should not be pushed past your comfortable range as this may aggravate your shoulder and result in increased swelling, pain and stiffness.

Your progression through the stages of the program will depend on the type of surgery performed. The progression timeframe will be explained to you and documented on the progression table (opposite page).

Some operations will require that you avoid certain exercises and this will be explained and noted in this booklet.

For optimal shoulder function it is important that you have good postural alignment when exercising. It is advised that you adjust your posture before each exercise so that you are not slouching, and your chin is not protruding forward. Please note that the photographs in this booklet have been taken with the patient demonstrating good posture. You may need to use a mirror (particularly when you are starting any exercises) to ensure you are in the correct position.

The sling must be removed before you do these exercises and we recommend that you use an ice-pack on your shoulder after exercising.

Please note that everybody responds differently to shoulder surgery. This booklet is considered a general guide, designed for those without complications. It is important to have regular follow up appointments with your surgeon and your physiotherapist as they are likely to tailor your rehabilitation program to your individual requirements. The optional exercises at the end of the booklet should only be performed if prescribed by your physiotherapist.

Date of operation:

Operation:

General History/Medical History:

Specific post op instructions:

Exercise		Date post surgery					Comments
Stage 1 - Protective Stage							
		0/52	2/52	6/52	3/12	6/12	
1.	Neck Rotation						
2.	Neck Side Bending						
3.	Wrist Circles						
4.	Shoulder Blade Mobility						
5.	Passive External Rotation						
6.	Elbow Flexion and Extension						
7.	Pendular Circles Supported						

Exercise		Date post surgery					Comments
Stage 2 - Protective stage with Early Range of Motion							
		0/52	2/52	6/52	3/12	6/12	
Continue Stage 1 exercises							
1.	Passive Standing Flexion						
2.	Pendular Circles Unsupported						
3.	Trunk Rotation						

Stage 3 - Progressive Range of Movement and Muscle Activation							
		0/52	2/52	6/52	3/12	6/12	
1.	Home Pulley System						
2.	External Rotation lying on your side						
3.	Isometric External and Internal Rotation						
4.	Arm Circles at 30 Degrees						

Stage 4 - Early Strengthening and Progressive Range of Movement							
		0/52	2/52	6/52	3/12	6/12	
1.	External Rotation with Resistance Band						
2.	Internal Rotation with Resistance Band						
3.	Arm Circles at 90 Degrees						
4.	Low Row						
5.	Adduction with Resistance Band						
6.	Wall Push-Up						
7.	Behind Head Stretch						
8.	Shoulder Extension with Resistance Band						

Exercise		Date post surgery					Comments
Stage 5 - Progressive Strengthening and Selected Range of Movement							
		0/52	2/52	6/52	3/12	6/12	
Continue Low Row and Adduction with Resistance Band							
1.	Side Lying External Rotation with Weight						
2.	Side Lying Internal Rotation with Weight						
3.	Arm Circles with Weight						
4.	Bench Push ups						
5.	Bicep Curl to Press with Weight						
6.	Lateral Raise						

Stage 6 - Advanced Strengthening and Selected Range of Movement							
		0/52	2/52	6/52	3/12	6/12	
1.	Lunge and Punch						
2.	Push Up						
3.	Diagonals with Resistance Band						
4.	Uppercut						

Optional Exercises							
		0/52	2/52	6/52	3/12	6/12	
1.	Capsule Stretching						
2.	Shoulder Mobility at 90 Degrees						
3.	Supine with Weights						
4.	Shrugs						

STAGE 1 PROTECTIVE STAGE

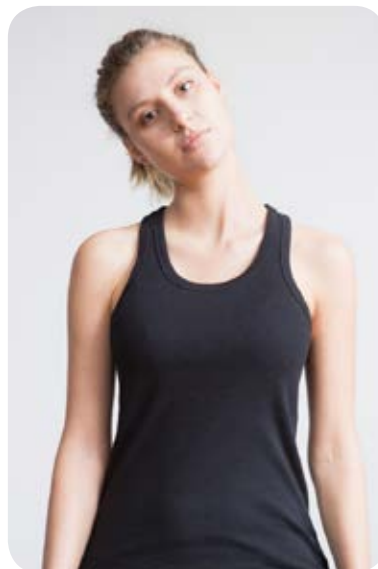
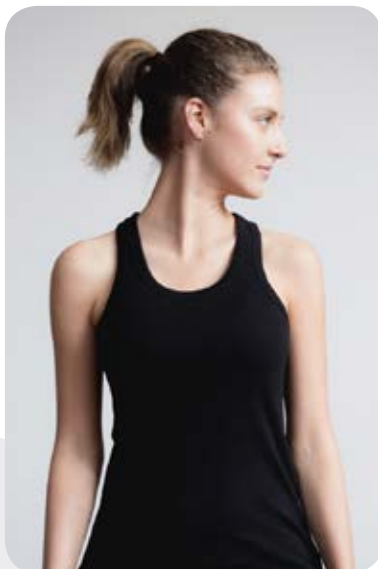
It is essential to maintain normal function of your neck, elbow, wrist and hand whilst wearing a sling. These exercises will help to reduce discomfort and stiffness and allow you to focus more efficiently on your shoulder rehabilitation after removal of the sling. It is acceptable to wait a few days before commencing the shoulder exercises.

DO EACH EXERCISE 3 TO 5 TIMES A DAY.



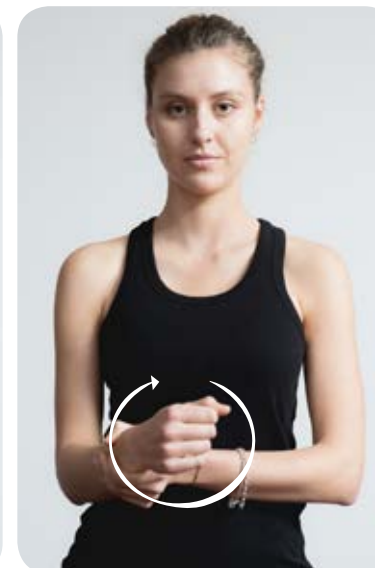
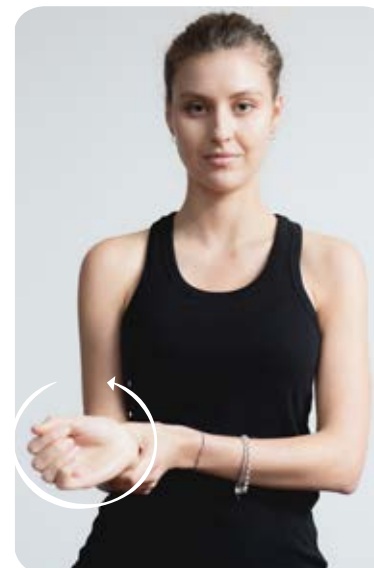
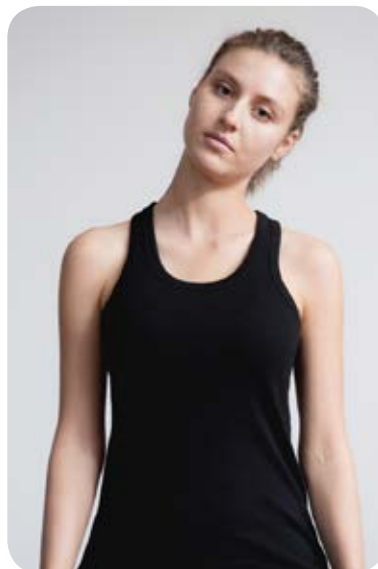
1. NECK ROTATION

Look over your shoulder and hold for 10 seconds.
Repeat on both sides twice.



2. NECK SIDE BENDING

Move your ear towards your shoulder and hold for 10 seconds.
Repeat on both sides twice.

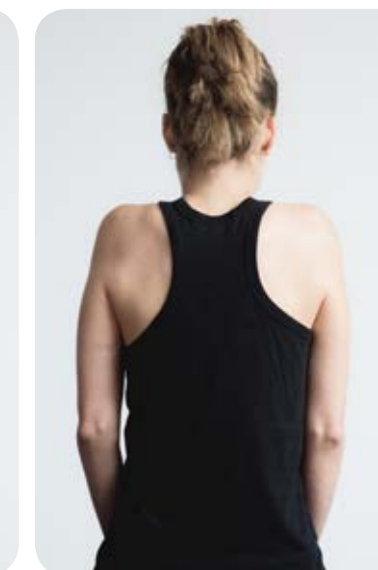
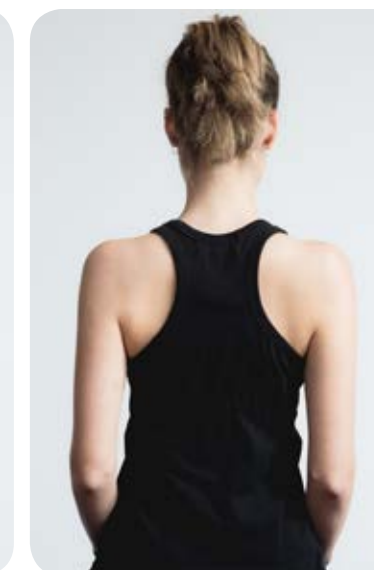
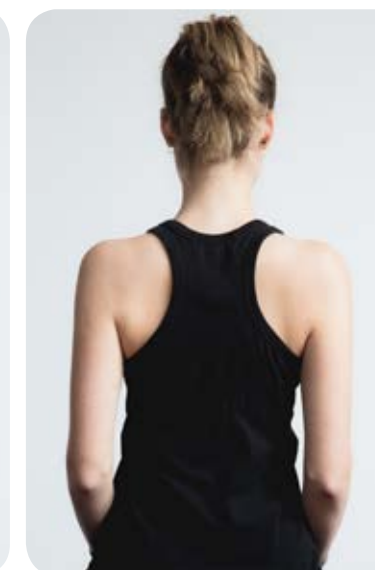
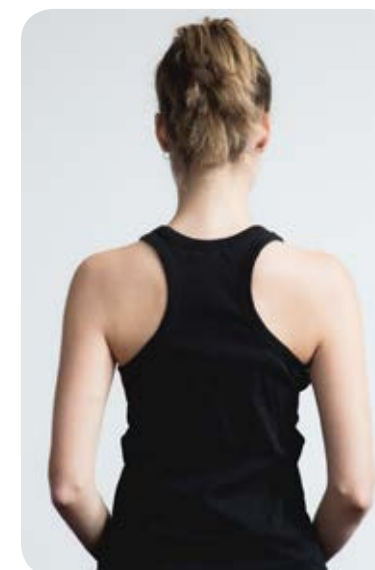


3. WRIST CIRCLES

Support your forearm so that you can relax your operated shoulder. Make 10 small circles with your wrist in a clockwise and then anticlockwise direction.

4. SHOULDER BLADE MOBILITY

This exercise can initially be performed sitting so that you can support your forearm on a pillow. Gently squeeze your shoulder blades backwards as far as comfortable and hold for 5 seconds. Then relax back to the start position. Now gently shrug your shoulders up towards your ears and hold for 5 seconds. Relax back to the start position. Repeat 5 times.



STAGE 1



5. PASSIVE EXTERNAL ROTATION

Sit with your forearm resting on a table or desk so that your shoulder is relaxed. Use your non-operated hand to gently slide your operated arm out to the side and then back to the starting position, ensuring that your elbow remains by your side. Remember that your operated shoulder must remain completely relaxed so that you don't activate any of the repaired muscles. Your surgeon may limit this movement depending on your operation. Repeat 10 times.



6. ELBOW FLEXION AND EXTENSION

Lying on your back, gently straighten and then bend your arm at the elbow. If it is more comfortable you can rest your arm and shoulder on a folded towel and bend and straighten the elbow by running your hand up and down the front of your body. Once this exercise becomes comfortable you can do it in the sitting or standing position.

Repeat 10 times.



7. PENDULAR CIRCLES SUPPORTED

Bend your elbow on the operated side to 90 degrees. Support your operated arm by cradling it with your opposite arm. Lean forward as far as you are comfortable and use your non-operated arm to create small circular movements in a clockwise and anticlockwise direction.

Repeat 10 times in each direction.

STAGE 2 PROTECTIVE STAGE FOR REPAIR, EARLY RANGE OF MOTION

DO EACH EXERCISE 3 TO 5 TIMES A DAY.



1. PASSIVE STANDING FLEXION

Hold onto the edge of a table/bench and walk backwards until you feel a gentle stretch. Hold for 5 seconds and walk back to the starting position.

Repeat 10 times.

2. PENDULAR CIRCLES UNSUPPORTED

Lean forward, supporting yourself with your non operated arm on a table. Allow your operated arm to hang passively. Gently rotate your operated arm in clockwise then anticlockwise circles.

Gradually making bigger circles.

Repeat 10 times in each direction.



3. TRUNK ROTATION

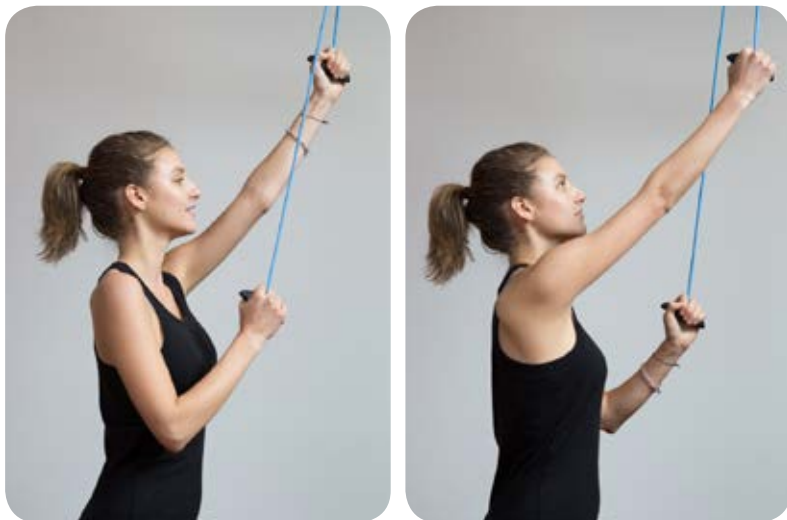
Support your arm in a comfortable position. Twist your upper body from left to right and then right to left.

Repeat 10 times.

STAGE 2

STAGE 3 PROGRESSIVE RANGE OF MOVEMENT

DO EACH EXERCISE TWICE A DAY.



1. HOME PULLEY SYSTEM

Set up the pulley system as shown. Pull down with your non operated arm to raise your operated arm. Relax your shoulders so they don't hitch up towards your ears.

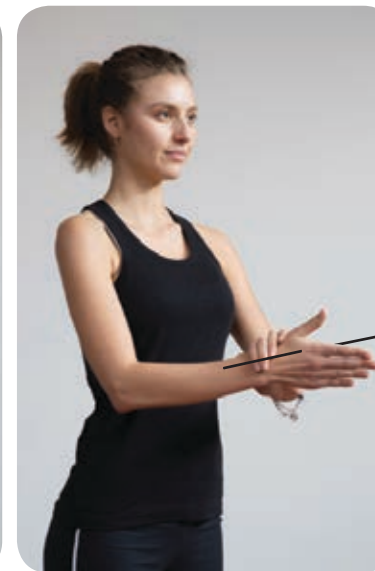
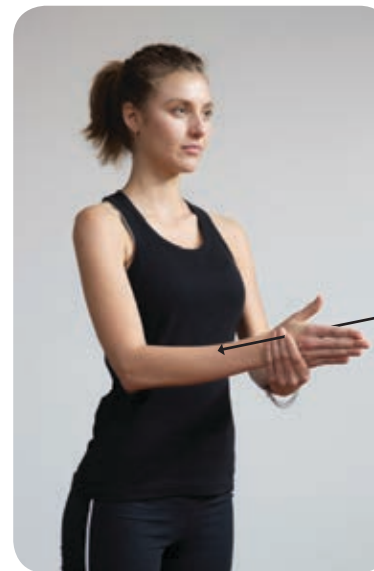
Do 3 sets of 10.



2. EXTERNAL ROTATION LYING ON YOUR SIDE

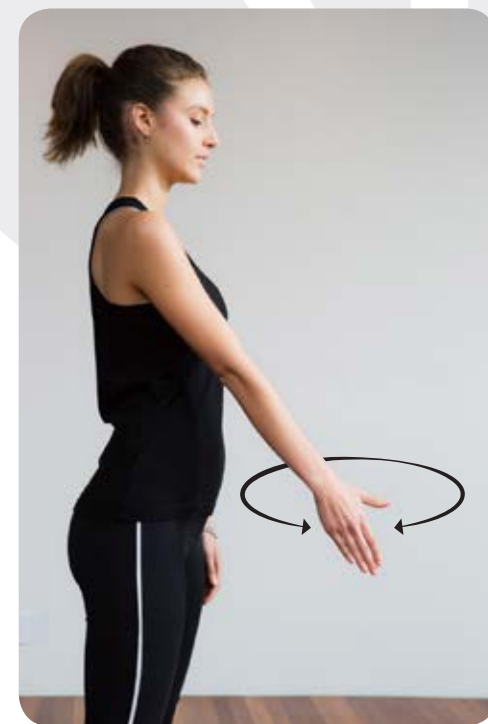
Lie on your non-operated side with a towel between your elbow and the side of your body, ensuring that your elbow remains still and a gentle pressure is maintained against the towel. Bend your elbow to 90 degrees and rotate you arm by moving your hand towards the ceiling in an arc.

Repeat 10 times.



3. ISOMETRIC EXTERNAL AND INTERNAL ROTATION

Stabilise your shoulder by subtly squeezing your shoulder blades down and together. Gently push your arm outwards (external rotation) and inwards (internal rotation) against your non-operated hand keeping your elbow by your side. Isometric means the muscle is activated but there is no movement. Hold for 5 seconds and repeat 4 times in each direction.



4. ARM CIRCLES AT 30 DEGREES

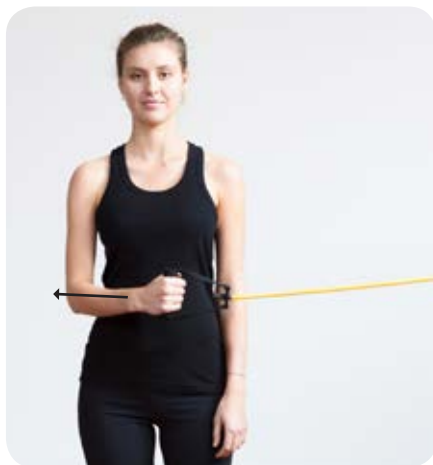
Raise your arm to a 30 degree angle in front of your body. At this angle rotate your arm in a circular motion clockwise then anti-clockwise.

Repeat 10 times.

STAGE 3

STAGE 4 EARLY STRENGTHENING AND PROGRESSIVE RANGE OF MOVEMENT

DO EACH EXERCISE TWICE A DAY.



1. EXTERNAL ROTATION WITH RESISTANCE BAND

Stabilise your shoulder blade by subtly engaging the muscles between your shoulder blade and your spine, then keep your shoulder blade still. Pull the band across your body keeping your elbow by your side whilst rotating your shoulder joint in its socket from a position of internal to external rotation

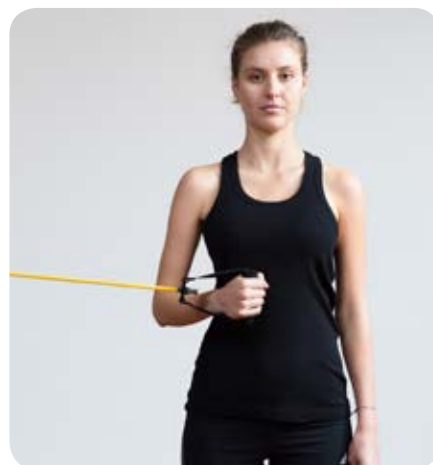
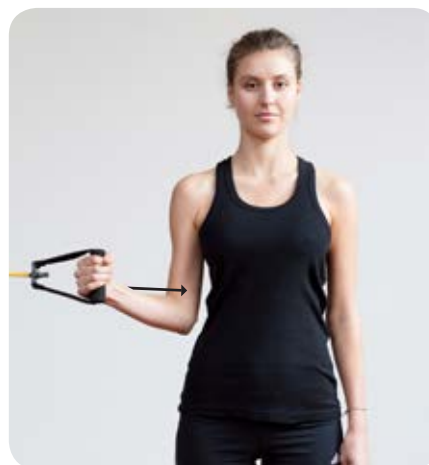
Repeat 10 times.

2. INTERNAL ROTATION WITH RESISTANCE BAND

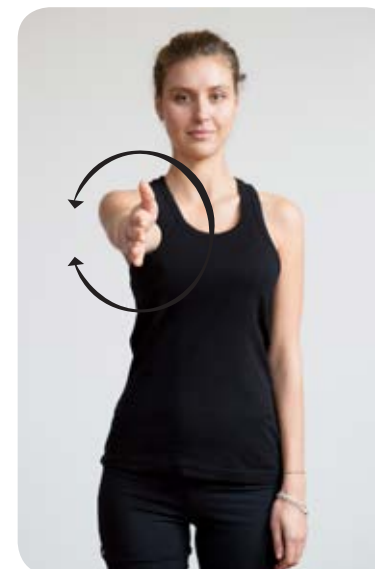
Stabilise your shoulder blade by subtly engaging the muscles between your shoulder blade and your spine, then keep your shoulder blade still whilst rotating the shoulder joint in its socket from a position of external rotation to internal rotation

Complete 10 repetitions and move back to External Rotation

Try do 3 sets of each.



STAGE 4



3. ARM CIRCLES AT 90 DEGREES

Stand with good upright posture and stabilise your shoulder blades by gently squeezing them backwards. Raise your operated arm in front of your body to approximately 90 degrees. Perform small circular movements with your arm in a clockwise and anticlockwise direction.

Repeat 10 times in each direction.

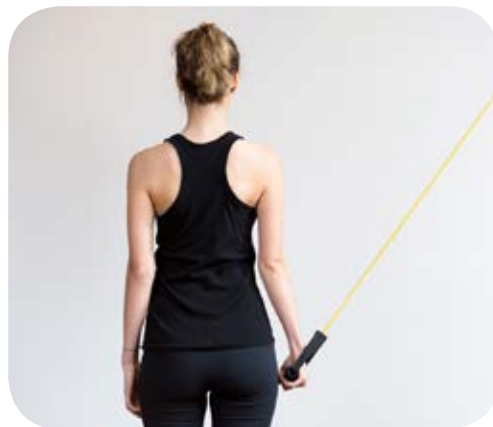


4. LOW ROW

Grip the bands with your elbows slightly bent and forward of your body. Slowly and smoothly pull your elbows backwards towards the side of your body whilst squeezing your shoulder blades together. Stop when your elbows reach the side of your body. Slowly and smoothly return to the starting position.

Repeat 10 times.

Perform a second set after a one minute rest.



5. ADDUCTION WITH RESISTANCE BAND

With your operated arm straight and 60 degrees away from your body, bring your hand to your side. To increase the resistance you can step away so the band is tighter then recommence your exercises.

Repeat 10 times.

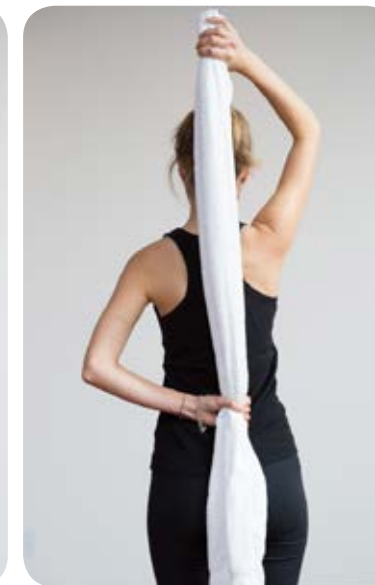
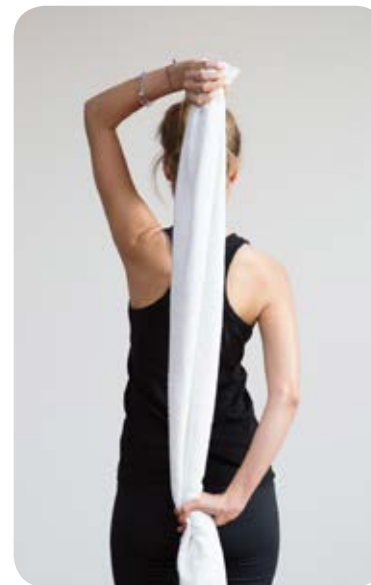
Perform a second set after a one minute rest.



6. WALL PUSH UP

Lean forward onto a wall with your palms placed flat on the wall and your shoulders set. Push yourself away from the wall keeping your body straight and not arching your back.

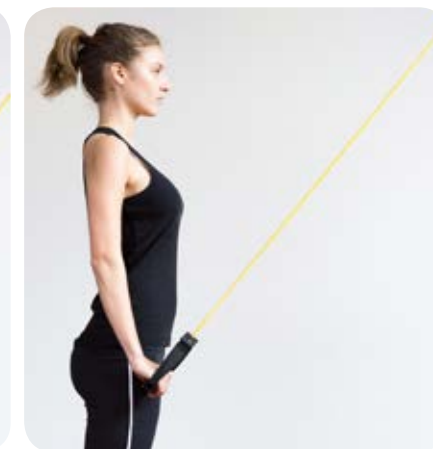
Repeat 10 times.



7. BEHIND HEAD STRETCH

Hold a towel behind your back, with your operated arm coming from below, and your non-operated arm from above. Gently pull up with your non-operated arm to gently stretch of your operated shoulder joint. Hold for a few seconds and repeat 10 times.

Now swap your arm positions and hold the towel with your non-operated arm coming from below, and your operated arm from above. Gently pull down with your non-operated arm stretching your operated shoulder joint. Hold for a few seconds and repeat 10 times.



8. SHOULDER EXTENSION WITH RESISTANCE BAND

Start with your arm 80 degrees in front of you and your elbow straight. Pull your hand to your side and then slowly return to the starting position. To make the exercise harder you can step away so the band is tighter then recommence your exercises.

Repeat 10 times.

STAGE 5 PROGRESSIVE STRENGTHENING AND SELECTED RANGE OF MOVEMENT

DO EACH EXERCISE ONCE A DAY PERFORMING 3 SETS TO FATIGUE



1. SIDE LYING EXTERNAL ROTATION WITH WEIGHT

Lie on your non-operated side with a towel between your elbow and the side of your body, ensuring that your elbow remains still and a gentle pressure is maintained against the towel. Bend your elbow to 90 degrees and rotate your arm by moving your hand towards the ceiling in an arc.

Do 3 sets of 10.



2. SIDE LYING INTERNAL ROTATION WITH WEIGHT

Lie on your operated side, not directly on the shoulder, but rolled slightly backwards. Hold the weight with your operated hand. Rotate your arm bringing your hand towards the ceiling and then slowly lower the weight back to the starting position. Keep your elbow in the same position at all times.

Do 3 sets of 10.



3. ARM CIRCLES WITH WEIGHT

Hold a light weight and raise your arm 90 degrees in front of your body. At this angle rotate your arm in a circular motion clockwise 10 times then anti-clockwise 10 times.

4. BENCH PUSH UPS

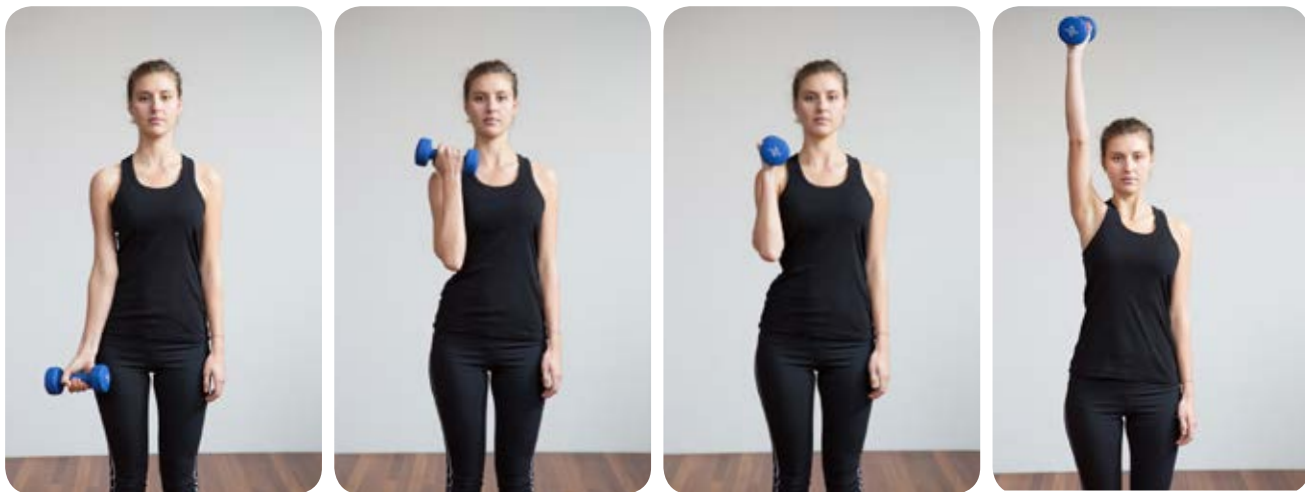
Set your shoulder blade with your hands positioned below your shoulders. Bend your elbows lowering your chest towards the bench until your elbows are level with your body and then push yourself back up keeping your body straight.

Repeat 10 times.



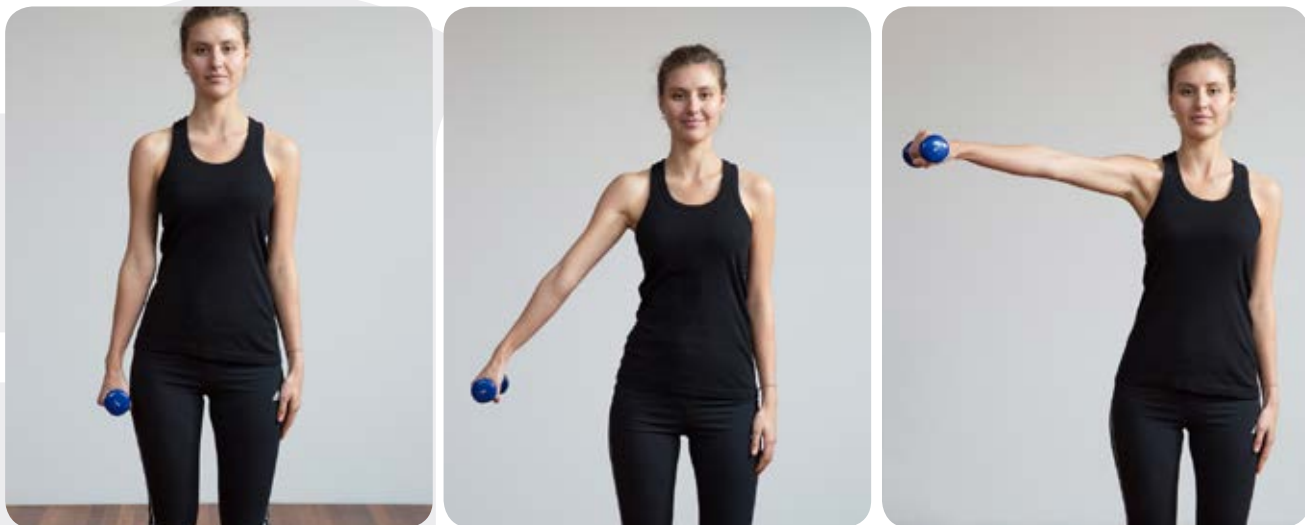
STAGE 5

STAGE 5



5. BICEPS CURL TO PRESS WITH WEIGHT

This is a combined movement of a biceps curl and shoulder press. Use a light dumbbell. Start with your arm by your side and bend your elbow curling the dumbbell to a full bend in your elbow. At this point the dumbbell should be in front of your shoulder. As you begin the press above your head rotate your wrist so that the palm faces inwards and push up towards the ceiling as far as your shoulder allows. Pause at the top of the movement, and then reverse back to the start position taking your shoulder and elbow through the same movements but in reverse. Repeat 10 times.



6. LATERAL RAISE

Stand holding a dumbbell in your hand. Raise your arm laterally until your arm reaches 90 degrees, or as high as is comfortable. Pause at the top of the movement, then lower your arm smoothly back to your side. Repeat 10 times.

STAGE 6 ADVANCED STRENGTHENING AND SELECTED RANGE OF MOVEMENT

DO EACH EXERCISE 3 TIMES A WEEK PERFORMING 3 SETS TO FATIGUE



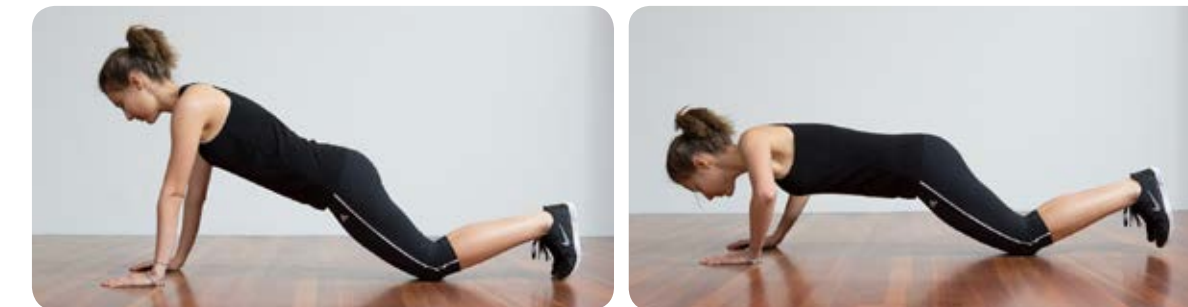
1. LUNGE AND PUNCH

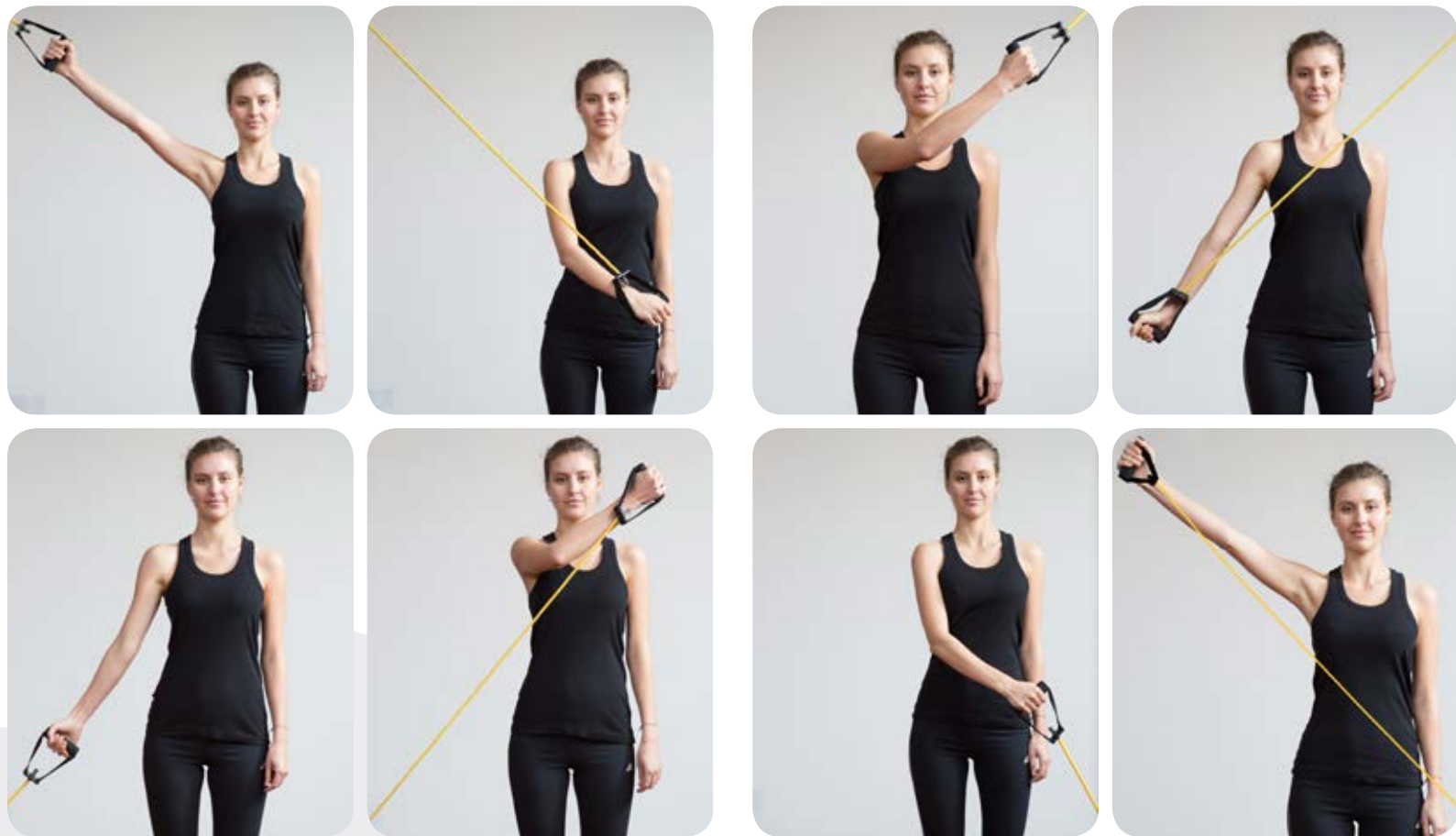
Start with your feet shoulder-width apart holding an exercise band with your operated arm. Take a step forward with your non operated side leg, and move into a lunge position. At the same time punch forward with the band (protracting the shoulder). Pause at the end of the movement and then push back to the start position. Repeat 15 times on each side

2. PUSH UP

Stabilise your scapula with your hands positioned below your shoulders. Bend your elbows to lower your body and then push up keeping your body straight. Start with bench push ups, then move to kneeling push ups and progress to full push ups when you are able.

Repeat 10 times.





3. DIAGONALS WITH RESISTANCE BAND

You will need 2 points of attachment for your band or pulley. A high and low point. You may use 2 hands for a woodchopper action which will utilise more of your trunk and legs, or simply one hand. Follow the movements as per the photographs always starting with light resistance and building up as able. Pay attention to posture and a good strong shoulder blade position position. Complete 10 repetitions for each diagonal for both left and right sides.



REMEMBER IF THERE IS PAIN, BACK OFF THE TENSION.

4. UPPERCUT

Stand with your elbow bent to 90 degrees and shoulder blades set by gently squeezing them backwards. Raise your arm forwards towards the roof in an arc motion, ensuring that your elbow remains bent at 90 degrees. Slowly return to the starting position.

Repeat 10 times.

OPTIONAL EXERCISES



1. CAPSULE STRETCHING

Posterior capsule stretching

Lie down with the elbow of your operated arm approximately 30 cm away from your body. Push down with your opposite hand. Hold for 10 seconds. You should feel a gentle stretch at the back of the shoulder. Do not continue this exercise if you feel a pinching or painful sensation at the front of your shoulder.

Repeat 5 times.



Anterior capsule stretching

With your non-operated hand helping, bring your operated arm up onto your pillow. Hold for 10 seconds.

You should only feel a stretch, not pain

Repeat 5 times.

2. SHOULDER MOBILITY AT 90 DEGREES

Place your hands in a comfortable position on the wall. Retract (move back) your shoulder blades so that they come together at your back. Pause, and then protract (move forward) your shoulder blades so that your chest moves away from the wall.

Do not lean heavily into the wall and keep your body parallel to the wall..

Repeat 5 times.



OPTIONAL EXERCISES

3. SUPINE FLEXION WITH WEIGHTS

A. Lie flat on your back. Lift your arms up above your head holding a light weight with both hands. The end point is with your arms vertical. Lower back to the starting position.

Do 3 sets of 10.



B. Hold the weight with both hands above your head with your arms vertical. With your elbows pointing forwards, lower the weight behind your head as far as comfortable, pause then return to the start position.

Do 3 sets of 10.



4. SHRUGS

Stand with your arm 30 degrees away from your body. Ensure that your arm remains straight throughout the exercise and that your elbow does not bend. Shrug your shoulder upwards towards the back of your head. Hold this position for 5 seconds and then slowly return to the starting position.

Repeat 10 times.



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