

GENERAL POST-OPERATIVE PATIENT ADVICE

SHOULDER SURGERY - FIRST TWO POST-OPERATIVE WEEKS

GOALS

- To protect your surgical repair and allow healing
- To prevent stiffness that may result from inactivity of joints that are not moved for a long period of time.

PRECAUTIONS

- Keep your dressing clean and dry until your first review
- Avoid using a sling which will potentiate more scarring and shoulder stiffness

RESTRICTIONS

- To avoid disappointment, ask Dr McLean to clarify your restrictions prior to surgery to avoid disappointment
 - For 6 weeks following the operation, with the operated arm:
 - No lifting anything heavier than a 'cup-of-tea'
 - No pulling or pushing
 - No assistive ambulation device should be used (i.e. a walking stick, crutches)
 - No driving until you are able to meet the safe driving considerations outlined here" www.jmclean.com.au/driving/
 - Additional information can be found at:
 - www.jmclean.com.au/driving
 - www.jmclean.com.au/FAQs
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EXERCISES

- These exercises can be performed on your own, at home, after your surgery
- Starting immediately, please perform the exercises at least 5 times a day for 10 repetitions (minimum)
- Unrestricted range of motion of your elbow, wrist and hand is highly recommended to avoid stiffness in these joints
- Physiotherapy is highly recommended to maximise the gains achieved intra-operatively.

For further information, please refer to: www.jmclean.com.au/patient-education/

PLEASE TURN OVER FOR DESCRIPTION OF SHOULDER EXERCISES

1. PENDULUM EXERCISES

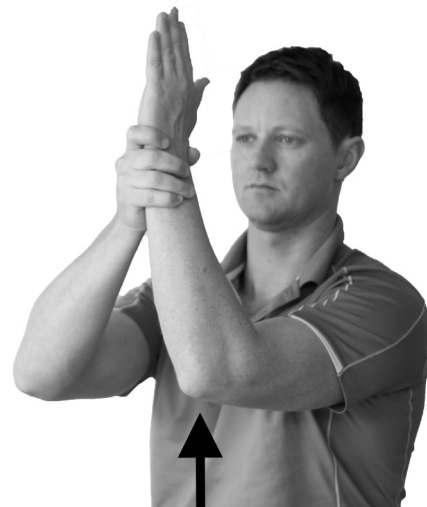
- Bend forward at the waist, using a table for support.
- Rock your body in a circular motion to move your arm clockwise 10 times (minimum).
- Repeat circular motion in a counter-clockwise direction 10 times (minimum).



2. PASSIVE AND ACTIVE ARM ELEVATION

- This can be performed sitting or lying down.
- 'Passive' means not using the muscles of your operated arm to lift your shoulder. Instead, you lift your arm with your opposite arm (i.e. the arm that was not operated on).
- Grasp the wrist of your operated arm and lift your injured arm forward above your head.
- Repeat 10 times (minimum).

NB. 0 degrees represents your arm hanging by your side; 180 degrees represents an arm positioned next to your ear.



3. PASSIVE SHOULDER ROTATION

- With your shoulder blades together and your elbow bent to 90 degrees.
- Slide your forearm away from your body and hold for 20 seconds.
- This can be done easily by holing on to the side of a door to stabilise your arm and rotating your body to stretch your arm away from your belly.
- Repeat 10 times (minimum).

NB. 0 degrees represents your arm pointing straight ahead of you; 90 degrees represents an arm pointed in line with your ear when you are looking straight ahead).



For more information, please see our FAQ link at:

www.jmclean.com.au/FAQs/