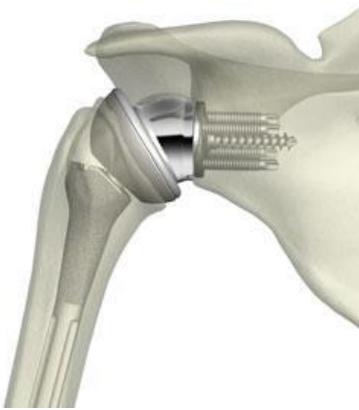


Physiotherapy Department

Passive Range of Movement Exercises for Shoulder



This advice sheet is for patients following shoulder surgery, who require passive range of movement exercises for the shoulder.

What are passive range of movement exercises?

These are exercises that must be performed by someone else for you.

These exercises will maintain the range of movement in the shoulder, by preventing muscle shortening and joint stiffness; therefore helping to restore function and a quicker return to normal activities.



Patient Information

Pain relief

You will be given pain killers after the operation. Please take them as you are advised. You can take these painkillers prior to performing the passive range of movement exercises, to enable your relative or friend to take the shoulder through the whole range of movement that is allowed.

Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation.

Although your shoulder may be sore after the operation it is vital that you start these initial exercises to ensure that you progress as expected.

Before being discharged you will be seen by the physiotherapist who will give advice and explain the exercises you need to do.

A relative or friend will need to be shown how to perform your passive range of movement exercises. Your physiotherapist will contact them after you have had your operation, to arrange a time for them to come in.

It is essential you do the recommended exercises three times per day or you may not make a full recovery.

You may experience discomfort when doing these exercises, this is normal. If, however, you feel a sharp pain, stop and try later.

Flexion to

Abduction to

External rotation to

Patient Information

Passive flexion

Lying on your back, your friend/relative should hold your hand with one hand, and should hold the back of your upper arm with the other.

Your relative should take all the weight of your arm (so you are not helping the movement), and then should gently lift the arm so that your shoulder slowly moves up to the designated range of movement. Then slowly bring the arm back down to the starting position.



OR



Patient Information

Passive Abduction

Lying on your back (in the same position as above), your friend/relative should take your arm out to the side, using the hand supporting the upper arm to initiate the movement.

Then slowly bring the arm back down to the starting position.



OR



Patient Information

Passive external rotation

In the same position as above, keep the upper arm by the patient's side, and rotate the lower part of the arm out to the side.



Repeat each exercise 10 times and do these at least three times daily

Fitting your sling

How to put the sling on by yourself

1. Hold onto hand grips and slide your elbow into the sling ensuring the elbow is in the corner.
2. Bring the long strap around your back and over your opposite shoulder.
3. Feed the front strap (with the Velcro) through the rectangular loop and attach the Velcro (ensuring your arm is in a horizontal position).
4. Bring the strap with the clip, under your armpit and clip in the triangular hole. You can attach the clip near to you hand or higher up (above the Velcro is also a small triangle) use the clip that your physiotherapist has showed you

How to take the sling off by yourself

To do your exercises

1. Undo the Velcro strap that says AIRCAST
2. This will allow you to remove your arm but leave the sling attached to your body
3. To put it back on , slide your arm back into the sling ensuring your elbow is in the corner and then do you the AIRCAST Velcro strap

To wash and dress

1. Unclip the clip at the front (in the triangular hole).
2. Undo the Velcro on the front shoulder strap and feed it back on itself through the loop.
3. Remove the sling from your elbow.

If you have any queries or concerns please contact:

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

University Hospital Coventry and Warwickshire Telephone: 024 7696 6013

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