

Rugby St Cross: Orthopaedic Physiotherapy

Shoulder Stabilisation *Accelerated Protocol*



This advice sheet is for patients who have undergone a shoulder stabilisation procedure and their Consultant has requested they follow the accelerated rehabilitation protocol.

What to expect afterwards

You will need to rest until the effects of the anaesthetic have passed. After an anaesthetic it may take several hours before the feeling comes back into the operated arm.

Pain relief

You will be given pain killers after the operation. Please take them as you are advised. You may have some discomfort for several weeks after the surgery but taking your painkillers regularly for the first few weeks will make you feel more comfortable and enable you to do your exercises.



Swelling

You can expect some swelling to last for several weeks after surgery. When at home wrap frozen peas or crushed ice in a dry cloth and place on your shoulder for up to 20 minutes. Use it at least three times per day, although there must be at least an hour between applications.

Sling

You will return from theatre wearing a sling. This should be **worn in bed at night and when in busy, unpredictable environments**, for example when shopping etc.

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.

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 again later.

Postural awareness

Although wearing a sling, please try to observe an upright posture. **Sit up tall, don't slouch!**

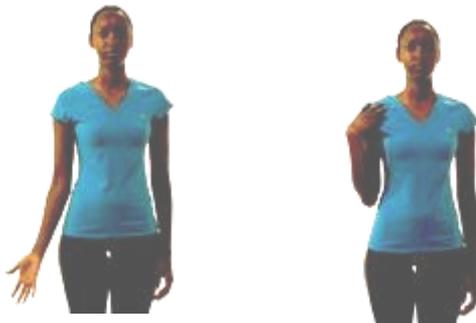
Patient Information

Neck exercises

Look up and down, look left and right, bend ear to shoulder on both sides.

Elbow exercises

Take your arm out of the sling, straighten your elbow fully, then bend fully.



Turn your hand over as far as it can go, then back the other way.



Wrist/hand exercises

Bend your wrist up and down and wriggle your fingers.

Active flexion

Stand straight and lift your operated arm, keeping your thumb up. Lift to just above shoulder height. **Repeat 10 times.**



Patient Information

Active abduction

Stand straight and lift your operated arm, keeping your thumb up. Lift to just above shoulder height. **Repeat 10 times.**



Hand behind back

Stand or sit. Bring your operated arm behind your back and try to reach your fingertips to your shoulder blade. **Repeat 10 times.**



Precautions

It is important during this stage of your rehabilitation that you avoid positions that could cause re-dislocation. Positions to avoid include:

- holding your arm out at 90° to your side with your palm facing upwards, especially if a force is being applied;
- putting your operated hand behind your head;
- reaching behind you, for example reaching for a car seat belt;

These positions could result in stress on the surgical repair and thus risk of failure or dislocation.

Discharge

You should be able to go home the same day as your operation, but may be in hospital overnight. You will need to arrange for someone to drive you home. You should try to have a friend or relative stay with you for the first 24 hours.

Stitches (if you have them) will be removed between 10 to 14 days after surgery, according to how quickly the wound heals.

Patient Information

Please contact the fracture clinic (through the switchboard 024 7696 4000) if the wound:

- Becomes red or inflamed
- Begins to ooze or discharge
- Bleeds or the discharge smells

You will be contacted with an outpatient physiotherapy appointment 10 to 14 days after your surgery. If you have not heard from outpatient physiotherapy within a week please contact the department.

If you have any queries or concerns please contact:

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

University Hospital Coventry and Warwickshire Telephone: 024 7696 5046

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact your physiotherapy department and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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