

Physiotherapy - Orthopaedics

Shoulder Surgery (no shoulder movement allowed)

This leaflet aims to give you some helpful advice following a shoulder operation where no shoulder movement is allowed.

What to expect after surgery

Pain

A nerve block is used during the operation which means that immediately after the operation the shoulder and arm may feel numb. This can last a few hours. Afterwards the shoulder may be sore. You will be given painkillers to reduce your discomfort whilst in hospital. These will be prescribed for you and should be continued as advised at home.

Sling

You will return from theatre wearing a sling and will need to wear this for days / weeks.

- During the day
- At night

Exercises

You **must not move your shoulder** other than as instructed below for washing and dressing for days / weeks.

The success of your operation will often depend on you following your



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post-operative guidelines and exercises given.

Before being discharged you will be seen by a physiotherapist who will advise and explain the exercises you need to carry out for the best outcome of your surgery.

Side lean for washing and dressing only

Take your sling off and stand with your arm by your side. Lean slightly to your operated side to create a small gap between your body and your arm. This should give enough room for you to wash under your arm without moving your shoulder.



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

Neck exercises

Repeat 10 times

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



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Elbow exercises

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

Repeat 10 times



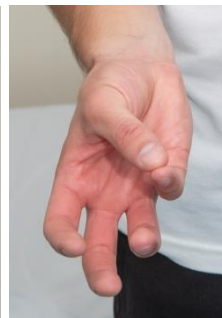
Have your elbow bent and into your side. Turn your hand over palm down, then palm up as far as it can go. Repeat 10 times.



Wrist and hand exercises

Bend the wrist up and down, touch each fingertip to your thumb, then make a fist and stretch out your fingers.

Repeat 10 times



Fitting your Aircast sling

How to put the sling on by yourself

Step 1



Hold onto hand grips, thumb on one side all fingers on the other and slide your elbow/arm into the sling making sure the elbow is in the corner



Fasten the Velcro that says AIRCAST

Step 2



Hold the piece of the strap that doesn't have the clip

Bring the long strap around your back and over your opposite shoulder

Step 3



Feed the front strap (with the Velcro) through the rectangular loop and attach the Velcro (making sure your arm is in a horizontal position)

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Step 4



Bring the strap with the clip, under your armpit and clip in the triangular hole. You can attach the clip near your hand or higher up (above the Velcro is also a small triangle), use the clip that your physiotherapist has showed you



The triangle joining all the straps together should sit at the bottom of your opposite shoulder blade

How to take off the sling (This can be done standing or sitting)

Step 1



Undo the clip from the triangular hole from under your armpit or from the triangular hole near your hand

Step 2



Undo the front strap, leaving the Velcro in its original place. Fully remove from the loop then take away from around the back of your neck

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Step 3



Fully remove the sling from your arm

How to take off the sling when doing elbow exercises



Undo the Velcro strap that says AIRCAST



This will allow you to remove your arm but leave the sling attached to your body



This will allow you to straighten your elbow when completing your exercises

Discharge and follow up

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 after surgery.

Physiotherapy is important after the operation and you will be contacted with an outpatient physiotherapy appointment between 10-14 days after your surgery. If you have not heard from outpatient physiotherapy within a week please contact the department (contact details below).

Stitches (if you have them) will be removed between 10 and 14 days after surgery. A nurse will explain how to arrange this.

If you have any concerns about your wound such as it:

- Becomes red or inflamed
- Starts to ooze or discharge
- Starts to bleed
- Starts to smell.

Please use this number to leave a message 024 7696 8333. Any messages will be picked Mon-Fri 07:30-17:30 Sat-Sun 07:30-13:30.

For out of hours support you will need to go to A&E or the Urgent Treatment Centre.

If you have any queries or concerns about your physiotherapy please telephone the Orthopaedic Therapy Department between 08:00 and 17:00:

Rugby St Cross: 01788 663054

University Hospital Coventry and Warwickshire: 024 7696 5106

Or Therapy Outpatient Department (Monday – Friday) between 08:30 and 16:30:

Rugby St Cross: 01788 663257

University Hospital Coventry and Warwickshire 024 7696 6013

All the images are taken at the Trust.

Patient Information

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.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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