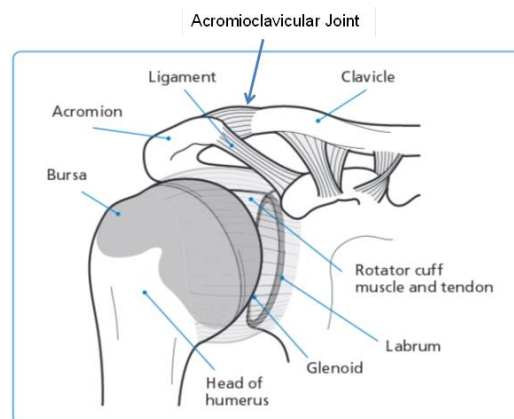


## Physiotherapy – Orthopaedics

# Shoulder Surgery (shoulder movement allowed)



This leaflet aims to give you some helpful advice following shoulder surgery.

## What to expect after surgery

### Pain

A nerve block may be used during the operation which means that immediately after the operation the shoulder and arm may feel heavy and numb. This can last a few hours. After this the shoulder may be sore, you will be given painkillers to help this whilst in hospital. These will be prescribed to you and should be continued as advised after you are discharged 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

The success of your operation will often depend on you following your post-operative guidelines and exercises given. Taking your pain killers will help you to complete your exercises.

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

It is important that you complete all of the selected exercises **\_\_\_ times a day**. You may experience discomfort when doing some of these exercises, this is normal. If, however, you feel a sharp pain, stop and try again later, remember that taking your painkillers as advised will also help your recovery. If you still feel a sharp pain please contact us or speak to your outpatient physiotherapist.

#### **Pendular hang for washing and dressing only**

With the sling taken off, stand up, support yourself on the arm of a chair or a table and bend over slightly. Allow the operated arm to hang down under the effect of gravity.



## Care of surrounding joints

### Neck exercises

**Repeat 10 times**

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



### Elbow exercises

**Repeat 10 times**

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



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

**Repeat 10 times**

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



## Shoulder Rehabilitation

### □ Pendular hang

Repeat 10 times

With the sling taken off, support yourself on the arm of a chair or a table and bend over slightly. Allow the operated arm to hang down under the effect of gravity. Firstly swing your arm gently backwards and forwards, then side to side.

Secondly, slowly rotate your arm in a circular motion, progressively getting bigger. Repeat in other direction.



### □ Wall Slides

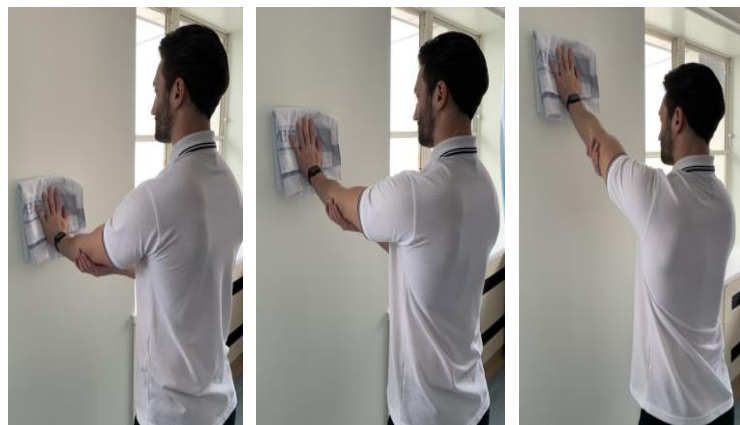
Repeat 10 times

Stand side on to a wall and place your palm on it, use something to help your hand slide. Hold the elbow of your operated side with your other hand. Slowly, slide your palm up the wall and then slide back to the starting position.

Try not to let your shoulder hitch up. If it does, return your arm to the starting position.



Stand facing a wall and place your palm on it, use something to help your hand slide. Hold the elbow of your operated side with your other hand. Slowly, slide your palm up the wall and then slide back to the starting position. Again, try not to let your shoulder hitch up. If it does, return your arm to the starting position.



Repeat 10 times

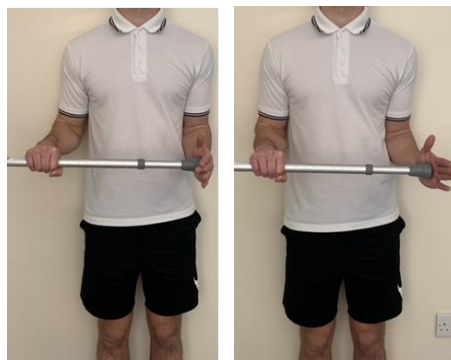
## Patient Information

### External rotation

Stand holding the end of a stick or broom handle against the hand of your operated side.

Keep the elbow of the operated side against your body. Use your un-operated hand to push the operated one away. Return to the starting position.

**Repeat 10 times**



### Active-Assisted Flexion

In standing or lying clasp your hands together with the hand of your un-operated arm underneath. Lift both arms over your head as far as possible helping your operated arm with your other arm. Return to the starting position.

**Repeat 10 times**



### Hand behind Back

Stand or sit. It is important that you start gently and build up. Begin with your hand by your side, taking your hand backwards and across behind your bottom. You can use your other hand to help. Hold this position for a few seconds.

**Repeat 10 times**



### Posterior Capsule Stretch

Stand or sit and put the hand of your operated arm across your chest and over the opposite shoulder.

Use your un-operated arm to move your elbow gently towards your opposite shoulder, until you feel a stretch in the back of your shoulder. Maintain the position for **10 seconds** and relax.

**Repeat 3 times**





## 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.

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.

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

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.

## Patient Information

The Trust operates a smoke free policy

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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