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## **PHYSIOTHERAPY FOR PATIENTS 6 WEEKS AFTER AN ARTHROSCOPIC SHOULDER STABILISATION**

These should be done four times a day and you should spend 20 minutes on the exercises at each session. That means spending about 90 seconds on each exercise about four times a day. Hold each stretch for a count of 10 seconds

If you need pain medication, it should be taken about 30 minutes before you start the exercise. You may find it helps to warm up first with a hot shower, heating pad or hot water bottle before you exercise.

You may get some pain or clicking in the shoulder with the exercises and the pain may last for up to 30 minutes following the exercises.

It would be helpful to have the supervision of a physiotherapist at stages during the course of your rehabilitation, however you must also continue these exercises on your own.

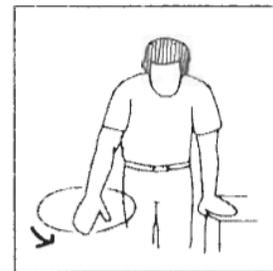
Each time you perform your exercises try to increase the range of motion within the limits stated. Use pain as your guide. You should feel some discomfort with each stretch, however it should not be severe pain. If you start to feel severe pain, you should stop the exercises for 2 days and then recommence.

In the first 2 weeks try to regain as much motion as possible with the stretching exercises, and then add the strengthening exercises (using the theraband) to your exercise regime.

### **STRETCHING EXERCISES**

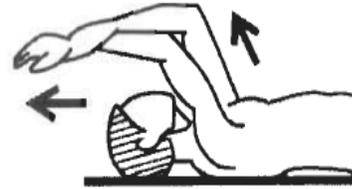
#### **PENDULUM EXERCISES**

While bending at the waist, let the operated arm relax and swing with gravity. With the hand turned inwards, circle the arm in a clockwise direction, making the circles bigger and bigger. Perform these for 60 seconds. Then with the hand turned outwards, circle the arm in an anticlockwise direction, making the circles bigger and bigger for another 60 seconds.

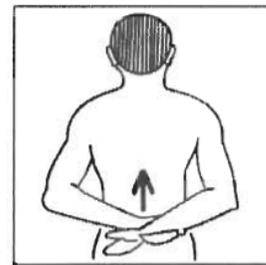


**FORWARD ELEVATION**

Lying on your back, clasp the operated arm's wrist and use the good arm to pull both arms up over the head. Pull the arm as far back as you COMFORTABLY can manage and hold the arm there for 10 seconds. Repeat 10 times.

**INTERNAL ROTATION**

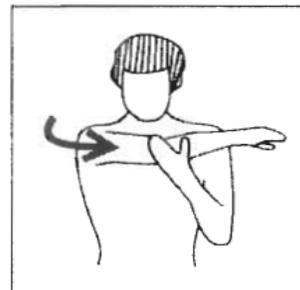
While standing, grasp the wrist of the operated arm with the hand of the good arm, and gently lift the operated arm towards the small of the back by bending the elbows. Hold for 10 seconds and repeat 10 times.

**FORWARD ELEVATION**

Standing one foot from the wall, walk the hand up the wall as high as possible, keeping the elbow straight. Lean GENTLY into the wall. Hold for 10 seconds and repeat 10 times

**POSTERIOR CAPSULAR STRETCHES**

Reach across your chest towards the back of your neck with the operated arm. Grasp the elbow of the operated arm with the hand of the good arm and push the elbow of the operated arm across the body and flat against the chest. Hold for 10 seconds and repeat 10 times.



## STRENGTHENING EXERCISES

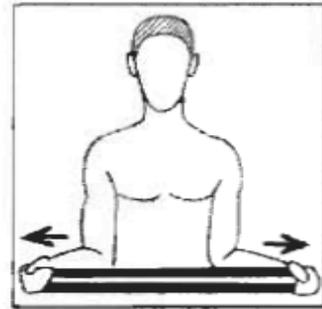
These are to be done with rubber ribbons- one popular brand is known as Theraband, but other brands work perfectly. Knot the ends of the Theraband to make a loop.

You are to use the following resistances for the following periods of time:

<b>Resistance</b>	<b>Theraband Colour</b>	<b>Time</b>
Light	Yellow	2 weeks
Medium	Red	2 weeks
Heavy	Green	2 weeks

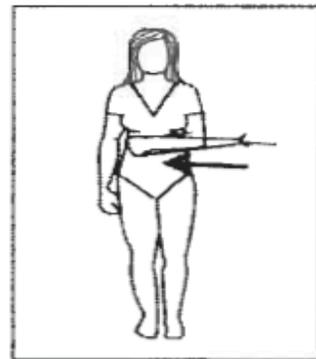
### EXTERNAL ROTATION

With the Theraband around both wrists and the elbows flexed to 90 degrees, rotate the arms outwards stretching the Theraband. Keep the elbows CLOSE to the body. Hold for 10 seconds and repeat 10 times.



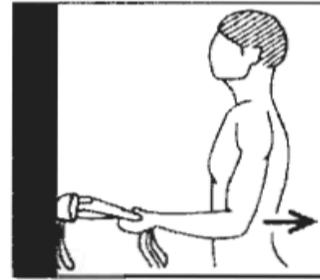
### INTERNAL ROTATION

With the Theraband around the doorknob, and the elbow flexed to 90 degrees, pull the Theraband across the chest while keeping the elbow tucked into the side. Hold for 10 seconds and repeat 10 times.



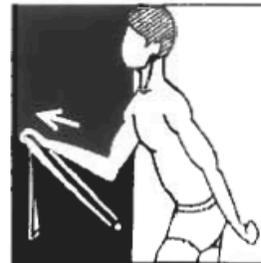
### EXTENSION

With the Theraband around the doorknob and the elbow flexed to 90 degrees, pull the arm backwards to your side. Hold for 10 seconds and repeat 10 times.



### FORWARD ELEVATION

With the Theraband around a door knob and the elbow flexed to 90 degrees, push forwards and upwards to stretch the Theraband. Hold for 10 seconds and repeat 10 times.



### What you should avoid during this rehabilitation period:

- Lifting any heavy weights.
- Avoid “abduction exercises”, which involve bringing the arm directly out from the side (like a “star jump”). This is a painful and non-functional exercise, which should be avoided.

### Who should I contact if I think I have a problem?

- If you have any concerns or questions during your rehabilitation, please do not hesitate to contact my office, or send me an email at:

[DrJohn@ShoulderandElbow.com.au](mailto:DrJohn@ShoulderandElbow.com.au)