

Physiotherapy Department

Shoulder Exercises Following Surgery

Surgery and Explanation

What to expect

After your surgery your arm may be numb. This is due to the nerve block used during your operation. You may not be able to feel or move your arm until the nerve block has worn off. This may take a number of hours. Until this has worn off it is advisable to keep your arm in the sling.

Sling Advice

The best way to put your sling on is to start in a sitting position.

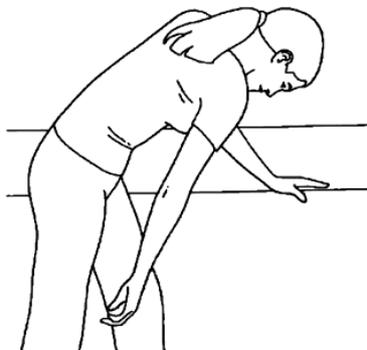
1. Lay your sling on your lap.
2. Thread your hand into the sling and place your elbow into the corner.
3. Gently lean on your elbow so the sling doesn't move.
4. Bring the top strap around the back of your operated shoulder, round your neck and forward.
5. Loop the strap through the top ring and bring it back on itself to secure with Velcro.
6. Give the sling a small tug with your un-operated arm to settle into the sling.

In order to take off your sling undo the Velcro strap. You can then slide the sling off your arm like a sleeve.

Pain relief

Once the nerve block has worn off you are likely to find that your shoulder is painful. It is advisable to take your painkillers as prescribed by the doctors and keep on top of this pain in anticipation of the block wearing off.

For hygiene use pendular hang



In standing let your operated arm hang down straight.
This will enable you to wash under your arm.

Physiotherapy support following your surgery

The hospital physiotherapy team will show you how to perform the exercises in this booklet. It is in your best interests to continue these exercises when you go home. Failure to do so may lead to poor recovery.

Following your operation you will have some pain. The exercises are likely to be uncomfortable but not painful.

If you are unable to perform any of these exercises please inform your physiotherapist.

Your surgeon may also request for you to have further physiotherapy in Outpatients. This will be arranged by your surgeon on discharge.

Your Outpatient physiotherapy will start in approximately _____ weeks. You will be contacted by phone or letter to confirm the time, date and location of your first appointment.

Only perform the exercises your therapist has ticked.

Therapist _____

Service user _____



Move your head forwards, backwards and side to side.

Repeat _____ times



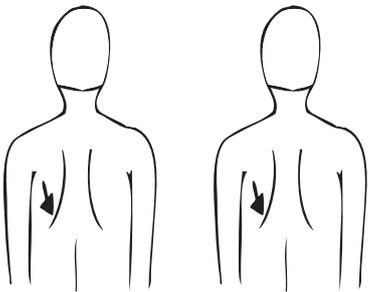
Bend and straighten your elbow

Repeat _____ times



Practice opening and closing your hand, moving side to side and thumb movements

Repeat _____ times



Sit or stand
Assume upright posture with shoulders relaxed.
Squeeze shoulder blades together.

Repeat _____ times



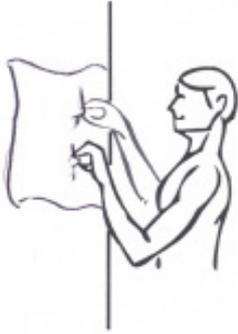
Sit or stand.
Roll your shoulders in both directions

Repeat _____ times



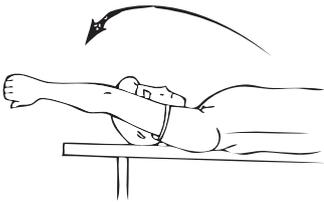
Sitting down at a table with a towel under your hands. Slide hands forward then return to the start position.

Repeat _____ times



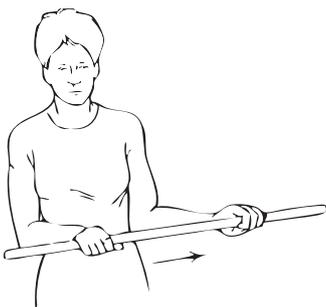
Stand facing a wall. Place a towel on the wall, one hand on top of the others (operated side underneath). Slowly slide your hands up the wall, as high as you are able. Reverse down the same way.

Repeat _____ times



Lying on your back with knees bent slowly lift your arm straight up and over your head to the bed. Hold 10 seconds (breathe normally). Return to starting position.

Repeat _____ times



Stand with elbows bent to 90 degrees, holding stick in front of you. Take your operated arm out to the side (away from your body). Do not allow your elbow to move away from your body. Hold for 10 seconds. Slowly return to the starting position.

Repeat _____ times

Always remember to follow any additional instructions you may have received.

You will normally feel minor discomfort after exercising. If this discomfort is excessive and persists consult your physiotherapist.

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Team Co-ordinator
Huddersfield Royal Infirmary
Telephone No: (01484) 342434

Clinical Lead Physiotherapist
Rehabilitation Department
Calderdale Royal Hospital
Telephone No: (01422) 224198

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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