



Post Operative Exercise Protocol Arthroscopic Cuff Repair/ Stabilisation

Gavin Anthony Nimon

M.B.,B.S. F.R.A.C.S. (Orth) F.R.C.S (Ed)

Consultant Orthopaedic Surgeon

Specialising in Shoulders, Hands, Knees and Sports Injuries

Glenelg Orthopaedics

47 Broadway

Glenelg South 5045

Ph 8376 9988

Web <http://www.glen-orth.com>

Fax 8219 0046

A/H 8378 2179

Post Operative Exercise Protocol **Arthroscopic Cuff Repair/ Stabilisation**

A physiotherapist will have seen you in hospital following your operation. These instructions are provided for further reference for you at home. If at any time you are unsure please contact Dr Nimon's rooms for further advice.

Following your surgery

Your sling must be worn at all times including sleep for approximately 6 weeks. You may have been a collar and cuff sling to wear in the shower.
There should be no active shoulder movement for the 6 weeks your arm is in the sling.

It is important to carry out the following exercises as shown by the physiotherapist whilst your shoulder is healing. These exercises should be carried out as able 3-4 times a day.

SHOULDER

Whilst sitting with arm in sling, loosen strap around waist. Place your feet wide apart, bend forward at your waist, allowing your arm to gently drop forward. Cradle your operated arm and gently move it in small circles with the assistance of the other arm.

PHOTO

ELBOW

Whilst lying with operated arm supported by a pillow, loosen sling straps . From the resting position , simply move the hand of your operated shoulder towards chin, thus bending your elbow as far as able.

When straightening simply take hand down, across stomach, pelvis and down to side as far as able **WITHOUT ROTATING SHOULDER OUT.**

PHOTO

With arm in resting position across stomach, turn palm up , then down.

PHOTO

WRIST EXERCISES

In resting position , with palm up , move wrist up then down.

PHOTO

HAND

It is very important to keep the hand moving as it may be swollen and can stiffen up. Make a full fist, and then stretch your fingers out.

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