

SLEEPING

- For comfort, rest your operated arm on a thin pillow by your side.
- Take pain relief 20 -30 minutes prior to going to bed.



Post Operative Exercise Protocol Shoulder Decompression / Manipulation

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Shoulder Decompression/Manipulation

Post Operative Exercises

A physiotherapist would 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

- It is of vital importance to exercise the shoulder regularly throughout the day to maintain / regain full shoulder movement.
- Exercises should be carried out 2 hourly
- Regular pain relief must be taken to allow exercises to be carried out to full potential.

LYING ON BACK (with arm resting on a pillow by side)

1. Elevation

Clasp hands. With assistance of un-operated arm, lift arm up as far as able, hold for 3, then let down slowly.
Repeat x10

PHOTO

2. Internal / External Rotation

With elbow bent at side, take hand across stomach, then swing hand out to side as far as able, hold for 3 then return back to starting position.
Repeat x10

PHOTO

3. Abduction

With elbow bent, lift arm up and out to side, aiming to take arm to head and over.
Repeat x10

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IN STANDING POSITION

4. Extension

Keeping posture upright, take operated arm back as far as able. You can assist movement with the use of a stick. (hold stick with both hands behind your back as far as able, thus your stronger arm assisting in movement)
Repeat x10

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5. Internal Rotation

With arm straight by side, take hand back, across bottom, then aim to take up back as far as able. (to assist you can use a towel over your opposite shoulder. Hold in operated side and pull with stronger arm) Repeat x5

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