



Northumbria Healthcare
NHS Foundation Trust

Physiotherapy Exercises Following Shoulder Surgery (Not arthroscopy)

Issued by the Physiotherapy Department

This leaflet aims to provide you with information following your shoulder surgery and will:

- Tell you about the risks and benefits of following a rehabilitation programme
- Inform you of the exercises you need to carry out and how often
- Advise you on activities to avoid

Day of your operation

You will have your operation under either a **general anaesthetic** or **regional anaesthesia**. You will be given information about this before your operation.

If you have had regional anaesthesia you will not have any feeling or power in your operated arm for approximately 24 hours.

DO NOT carry out exercise until your full feeling has returned. If the numbness, tingling or weakness extends beyond 24 hours call 0344 811 8111 and ask to speak to the on call anaesthetist at the hospital where you had your operation.

Risks following surgery

The main risks following surgery occur if you fail to follow the post operation advice:

- If you have been advised only to do certain movements, it is very important that you keep within these restrictions
- Never push into pain, only to a stretch. If when doing your exercises you get pain, reduce the amount of movement and repetitions. If your pain does not change, stop only the exercise that is problematic and ring the physiotherapy department where you had your operation.

- If you do not move your arm, as advised, your shoulder may become stiff and more painful

All of these factors could impact on your recovery and affect the outcome of surgery. Post operative rehabilitation is therefore essential to your recovery.

Benefits of rehabilitation

- Protect your shoulder
- Prevent stiffness
- Maximise your recovery

Alternatives

You may choose not to follow the advice given to you by the physiotherapy team, however this could have a negative impact on your recovery and outcome following surgery.

If you are however, having specific problems with your shoulder, do contact the physiotherapy department, as alternative exercises or advice may be available.

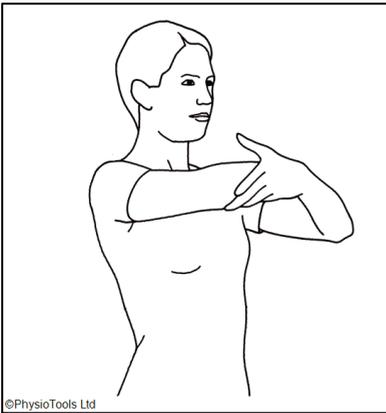
Post operation Instructions

- Remove your arm from your sling (if issued) and carry out exercises 3-4 times a day
- Repeat each exercise approximately 10 times. DO NOT push into pain when doing your exercises only to a stretch
- Avoid any over head activities or lifting, until you have been reviewed by a physiotherapist in an outpatient setting
- Keep your neck mobile by lowering your chin to your chest then raising your chin up. Turn your head side to side. Circle your shoulder blades forwards then backwards. Move your wrist up and down and side to side. Make a fist and then straighten your fingers

- Remember to use your common sense and listen to your body
- If you do too much and your shoulder is sore, reduce your activity until it settles and then gradually build up again

Exercises

All of these exercises are safe for you to do, as long as you follow the instructions. Please aim to do the following exercises 3-4 times per day.

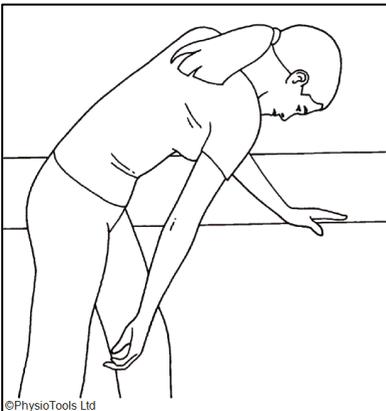


1. Stand or sit

Lift your operated arm forward assisting the movement with your other hand. Bend forward if this makes it easier for you.

DO NOT lift above 90 degrees.

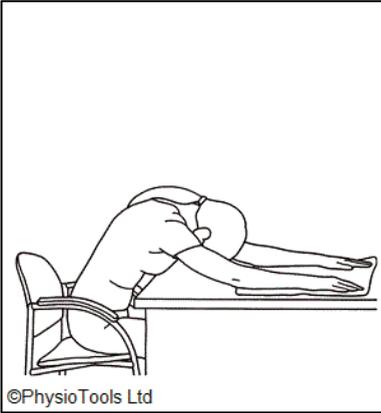
Repeat 10 times.



2. Stand on the floor leaning on a table with your non operated side hand.

Let your operated arm hang relaxed straight down. Allow your arm to hang for count of 5 seconds.

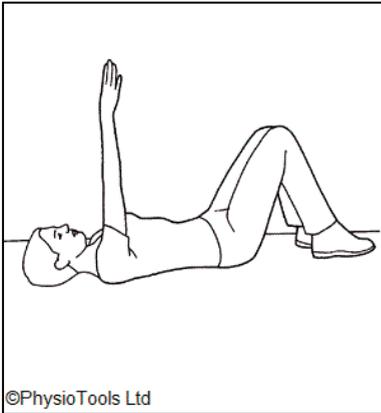
Repeat 10 times.



3. Sit and place your hands on a table

Slide your hands along the table as pain allows.

Repeat 10 times.

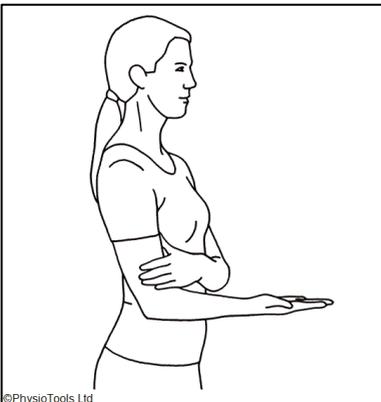


4. Lying on your back with elbows straight. Link your hands together.

Use your non operated arm to lift the operated arm up keeping it as close to your ear as possible.

DO NOT lift above 90 degrees.

Repeat 10 times.



5. Stand with your elbow bent and your palm turned down

Turn your palm up and down rotating your forearm.

Bend and straighten your elbow keeping it tucked into your side.

Repeat 10 times.

0-2 weeks after surgery

- Expect to feel weak and tired when you first get home. You should feel a little stronger each day
- You will have a physiotherapy appointment within two weeks of having your operation to discuss the rehabilitation and to guide you through a progressive return to function of your shoulder
- If you DO NOT receive an appointment **telephone 0344 811 8111** and ask to be put through the physiotherapy department at the hospital where you had your operation

If you are concerned about your wound please call the surgical helpline number:

Monday – Friday
8.30am – 15.30pm
01670 529431

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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