



Shoulder Rehabilitation

Early Post-operative Shoulder Surgery

Restrictions

- No pushing, pulling, carrying, strengthening, or lifting with the operated arm.
- Follow the movement restrictions as instructed by your surgeon or physiotherapist.
- Wear the sling at all times (including when sleeping) unless otherwise instructed by your surgeon or physiotherapist.
- No driving until instructed by your surgeon.

Exercises

- **Do only the exercises that your physiotherapist have prescribed for you!**
- You will be given a referral for physiotherapy. You should start about 2 weeks after your surgery.

Pain Control

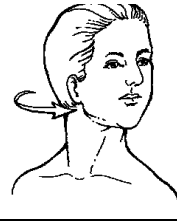
- Take your medication as prescribed by your surgeon / doctor.
- It is recommended you take pain medication 30 minutes prior to doing your exercises so that you have the best pain control.
- It is recommended that you ice for 15 minutes before and after exercises for pain relief and to control swelling. A pack of frozen peas work well.
- It is normal to have some discomfort for up to 1 hour after exercises.

If you have any questions about these exercises, please contact the Strathroy General Hospital Physiotherapy department at (519) 246-5901

Early Post-operative Shoulder Exercises

*** Remember to only do the exercises prescribed by your therapist ***

- YES NO
2. Turn your head towards the left, then turn your head towards the right side.
Repeat ___10___ times, Do ___3___ times per day.



- YES NO
3. While in your sling, squeeze both shoulder blades together. Do not let your shoulders shrug up.
Repeat ___10___ times, Do ___3___ times per day.



- YES NO
4. While in your sling, shrug your shoulders up. Now pull your shoulder down as far as they will go.
Repeat ___10___ times, Do ___3___ times per day.



- YES NO
5. In lying with **arm kept by your side**, bend your elbow as far as possible. Straighten your elbow as far as possible. You can use your non-operated hand to help your operated one. PLACE A PILLOW OR ROLLED TOWEL UNDER YOUR UPPER ARM TO SUPPORT YOUR ARM IN A NEUTRAL POSITION.
Repeat ___10___ times, Do ___3___ times per day.



- YES NO
6. While in your sling, rotate your forearm so that your palm is facing up and then rotate so that your palm is facing down.
Repeat ___10___ times, Do ___3___ times per day.



- YES NO
7. While in your sling, bend your fist up and down.
Repeat ___10___ times, Do ___3___ times per day.



- YES NO
8. Squeeze a stress ball or rolled cloth while in your sling.
Repeat ___10___ times, Do ___3___ times per day.

