



# 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 when walking and sleeping. You may remove the sling for dressing, bathing, exercises and when sitting if you support your arm with a pillow.
- 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

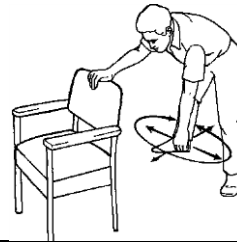
- Take your medication as prescribed by your surgeon / doctor.
- It is recommended you take pain medication 30 minutes prior to doing your exercises so that you have the best pain control.
- It is recommended that you ice for 15 minutes before and after exercises for pain relief and to control swelling. 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

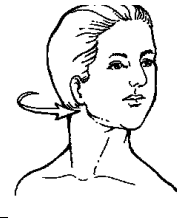
# Early Post-operative Shoulder Exercises

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

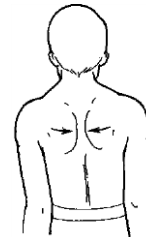
- YES  
 NO
1. Holding onto a stable surface with your unaffected arm, bend forward at the waist and let your arm dangle. Relax the arm and use your body to sway your arm in circles clockwise and counterclockwise. Repeat \_\_\_10\_\_\_ times each direction, \_\_\_3\_\_\_ times per day.



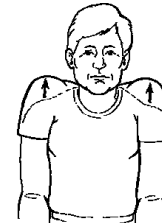
2. Turn your head towards the left, then turn your head towards the right side. Repeat \_\_\_10\_\_\_ times, Do \_\_\_3\_\_\_ times per day.



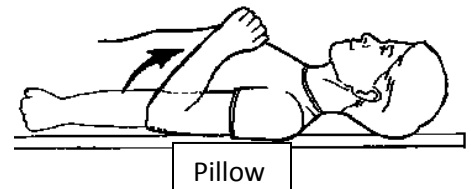
3. While in your sling, squeeze both shoulder blades together. Do not let your shoulders shrug up. Repeat \_\_\_10\_\_\_ times, Do \_\_\_3\_\_\_ times per day.



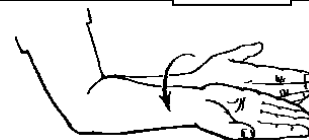
4. While in your sling, shrug your shoulders up. Now pull your shoulder down as far as they will go. Repeat \_\_\_10\_\_\_ times, Do \_\_\_3\_\_\_ times per day.



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. Repeat \_\_\_10\_\_\_ times, Do \_\_\_3\_\_\_ times per day.



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.



7. While in your sling, bend your fist up and down. Repeat \_\_\_10\_\_\_ times, Do \_\_\_3\_\_\_ times per day.



8. Squeeze a stress ball or rolled cloth while in your sling. Repeat \_\_\_10\_\_\_ times, Do \_\_\_3\_\_\_ times per day.

