



Rehabilitation Guidelines



Day 0

The following is a detailed outline of the rehabilitation regime for patients who have had an arthroscopic capsular release for a frozen shoulder by Prof Murrell.

You will not have a sling. We want you to start using and moving your shoulder as soon as you can.

*Make sure you have an appointment with your **physiotherapist** tomorrow, as well as day 3 and day 6 and then at least twice a week for six weeks.*



Ice'n'easy treatment commences and continues every 2 hours for 20 minutes regularly for the first 48 hours.

12 to 16 Hours



Local anaesthetic block

The block affecting your arm will begin to wear off, so it is advisable to begin taking the pain killers prescribed for you (eg panadeine forte).



Day 1

Start the following exercises

- **Pendular reach**

Bend over and rest with your good arm on a steady surface, eg a table, so that your operated arm is dangling in front of your body.

Swing the dangling arm left to right and then around clockwise and anti clockwise.



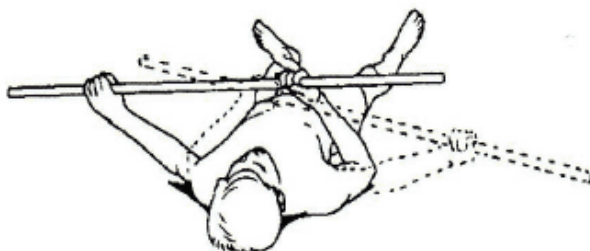
Pendular reach

Perform all the exercises ten times, three times a day

- **External-internal rotation**

Lay down on your back. Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90°.

Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.

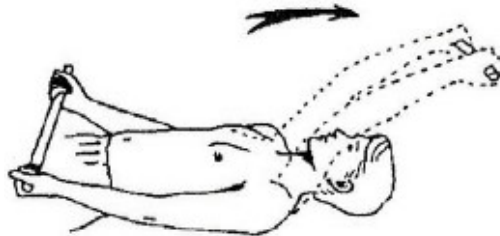


External-internal rotation

- **Shoulder flexion**

Lay on your back. Hold the stick underhand with both hands.

Slowly move the stick over your head, use your good arm to move the operated arm.

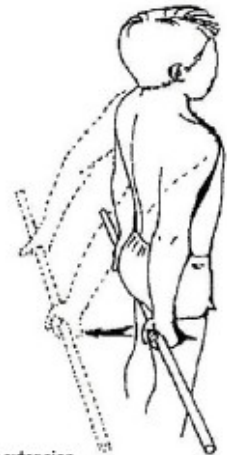


Shoulder flexion

- **Shoulder extension**

Hold the stick using an *underhand* grip behind your back.

Push the stick backwards away from your back.



Shoulder extension

Continue these exercises for the first 2 weeks

Day 1

- **Stretches**

Do the following stretches, ten times each, 3 times a day.



Day 3

- **Back towel stretch**

Add in this exercise.

Grasp towel in both hands.

Place operated arm behind back and use the unaffected arm to pull up the one that has had surgery.

Back towel stretch



- **Straight arm lifts**

Lift your operated arm forward up towards the ceiling.

Keep your elbow straight and thumb facing up. When you are able to do this, you can add weights.



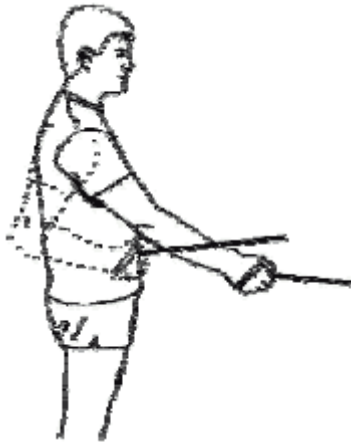
*Sets of 10 repetitions,
3 times a day*

Day 7

Start the following theraband exercises

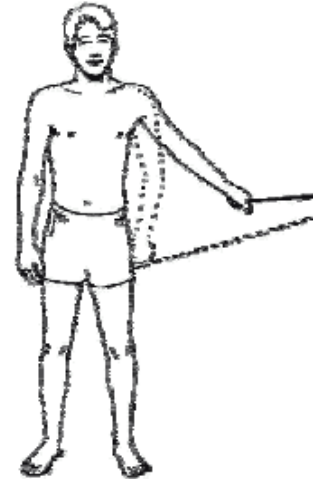
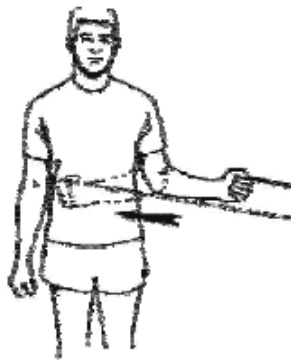
- **Theraband rowing**

Hold each end of the theraband. Pull both arms back in a rowing motion. Keep your elbows bent, pinch shoulder blades together as you pull backwards.

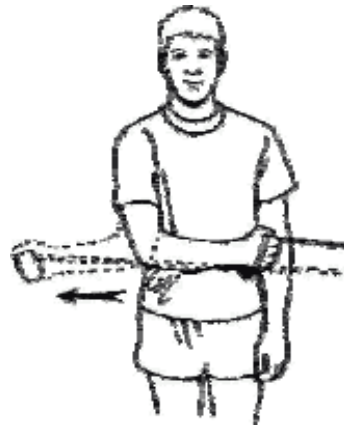


- **Active resistance internal and external rotation**

With elbow at your side, pull the theraband inwards towards the front of your body.



Repeat, but pull the theraband away from your body.



Tie theraband to a door handle.

- **Active resistance adduction**
Pull the theraband down towards your body.

Day 8

Post-op visit

Your first post-operative appointment should be on day 8—a Wednesday at 12.00 pm on Level 2 of the Research and Education Building.

We will

- Remove your bulky dressing.
- Take out your stitches.
- Review the operation with you.

You can now

- Get your shoulder wet.
- Continue Phase 1 exercises.

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Other milestones

ACTIVITIES

- You are able to drive and return to work as soon as you wish.

RESTRICTIONS

- None.

6 WEEKS and 3 MONTHS

- Post operative check up with Dr Callanan.

6 MONTHS

- Final visit with Prof Murrell.



Surgeon

27 June 2006

Nurse

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27 June 2006

Carer

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27 June 2006