

Rehabilitation Guidelines



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

You will have a sling which should be worn day and night for 48 hours, then only as needed.

It is not necessary to wear the waist strap on the sling.



Shoulder Hemiarthroplasty



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

Phase 1 exercises

- **Elbow range of motion**

Take off the sling.

With elbow bent and your arm in front of your body bend and straighten you elbow.

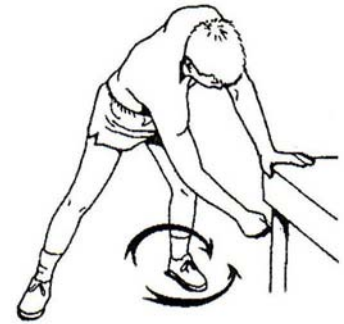
- **Grip strengthening**

Grip a rubber ball, hold for five seconds and release.

- **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.

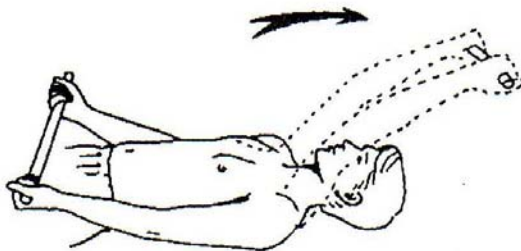


Pendular reach

- **Shoulder flexion**

Lay down on your back. Hold a stick underhand with both hands.

Slowly move the stick over your head, use your good arm to move the operated arm. Only go as far as is comfortable.



Shoulder flexion

Perform all the exercises ten times, three times a day

Phase 1 exercises are for the first two weeks

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.

We will have you get an xray of your shoulder before the 6 week visit.

You can now

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

ACTIVITIES

You should be able to drive in 2-3 weeks.

RESTRICTIONS

No lifting or overhead work.

2–4 Weeks

• Horizontal flexion stretch

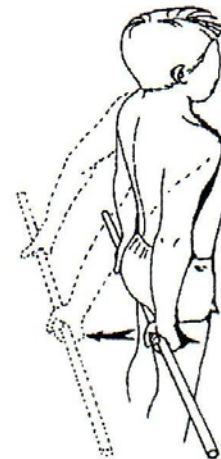
With the thumb pointing downwards, raise operated arm to shoulder height.

Using unaffected arm *gently* stretch the arm across the body.



• Shoulder extension

Hold walking stick *underhand* and grip behind your back. Push stick backwards away from your back.



*Sets of 10 repetitions,
three times a day*

2—4 Weeks

Isometric strengthening exercises

Hold each exercise for five seconds, applying gentle pressure.

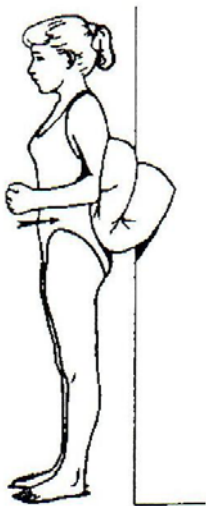
Perform a series of ten exercises, three times every day.

Isometric flexion

Lift your operated arm forward, while using your good arm to resist the movement.

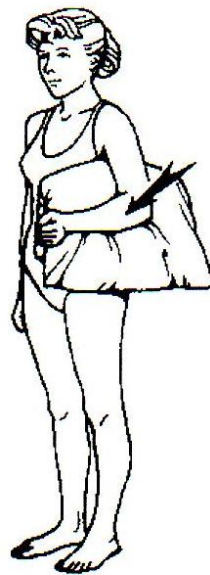
Isometric extension

Push elbow backwards into a pillow.



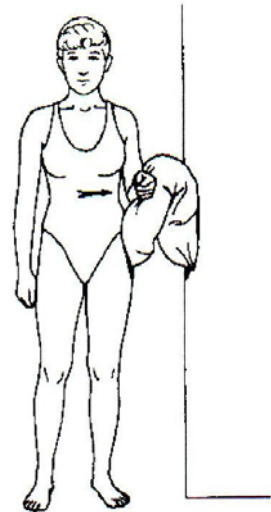
Isometric adduction

Squeeze the pillow with your elbow. Keep neck relaxed and shoulder blades pinched together.



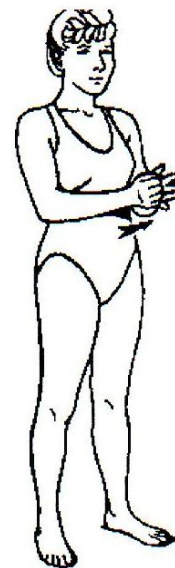
Isometric external rotation

While keeping your elbow by your side, press your forearm so that it swings outwards in the direction of the wall.



Isometric internal rotation

With elbow by your side, and push the hand of your operated arm into the hand of the unoperated arm which is providing resistance.

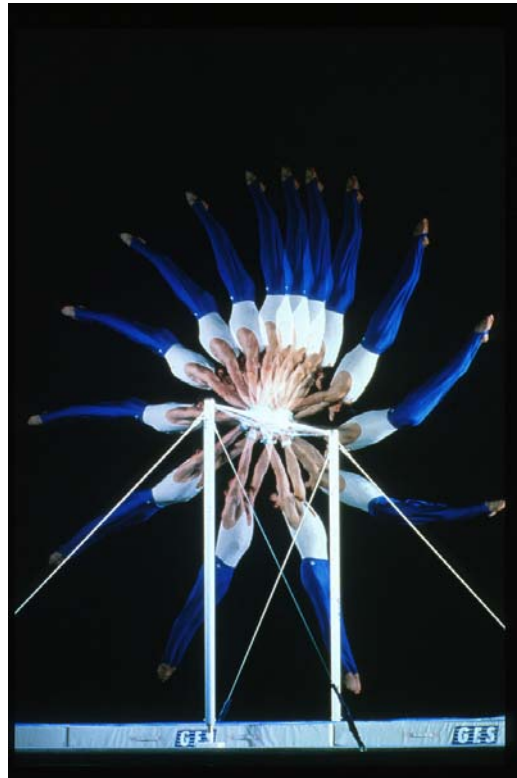


PROFESSOR GEORGE MURRELL

Level 2
4-10 South St
Kogarah, Sydney,
NSW 2217

Phone: 9350-2088
Fax: 9350-2886
Email: murrell.patients@ori.org.au

www.ori.org.au



Other milestones

6 WEEKS

- Post operative check up with Dr Callanan.
- Commence phase 2 exercises.
- Return to work with light duties only, lifting up to 5kg and no overhead work.

3 MONTHS

- Post operative check up with Dr Callanan.
- Commence phase 3 exercises.
- Lifting up to 20kg and occasional overhead work of less than 15 minutes duration.

6 MONTHS

- Final visit with Prof Murrell.
- Return to full work and heavy sports.

Surgeon

5 September 2006

Nurse

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5 September 2006

Carer

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5 September 2006

