

Exercises following a shoulder surgery

These exercises should be done slowly and smoothly and be started the day following the surgery, once the sensation in your arm and shoulder is back.

Hold 5 seconds; repeat 10 times; do 2-3 sessions per day.

1. Squeeze a ball or a towel, then release.



2. Always stand tall. Always sit tall and use a lumbar roll if needed.



3. With forearm and hand on the table, palm side down. Slide your hand from side to side as far as possible.



4. With forearm resting on table and wrist over the edge. Turn the palm of your hand towards the ceiling and return with palm towards the floor.



5. With forearm resting on table, palm down, and wrist over the edge. Bring your hand down keeping fingers relaxed, and then up in a fist as far as possible.



6. Sitting with the **operated** arm supported. Grasp involved arm at wrist and gently bend elbow as far as possible. Then straighten the arm as far as possible.



7. Support yourself on a firm object. Lean forward with your back straight and swing your arm, forward, backward, sideways and in circles. Use gravity only as your momentum.



**Apply ice on your operated shoulder for 15-20 minutes every hour.
Make sure to wear your sling as directed by your surgeon.**

Specific surgery restrictions:

Type of surgery	Beginning of physiotherapy	Sling wearing duration
Rotator cuff repair	2 weeks post-surgery	6 weeks
Labrum repair (following an instability/SLAP/ Latarjet/ Bankart)	2 weeks post-surgery	4 weeks (arthroscopic) 3 weeks (open)
Repair or reconstruction of the acromioclavicular joint (A/C)	4 weeks post-surgery (repair) 6 weeks post-surgery (reconstruction)	6 weeks
Acromioclavicular excision	As soon as possible	1-2 weeks, for comfort
Shoulder arthroplasty	2 weeks post-surgery	6 weeks
Reverse shoulder arthroplasty	2 weeks post-surgery	2 weeks

***You may have your physiotherapy follow-ups at the Montfort Hospital or in a private clinic.**

Please advise the nursing staff prior to your discharge if you would like to come to Montfort.

THERAPEUTIC SERVICES

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