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Patient Surgical Information Sheet and Rehabilitation Following Shoulder Arthroscopy

Date of Surgery:

Operative Procedure:

- | | | |
|--|--|--|
| <input type="checkbox"/> Shoulder arthroscopy | <input type="checkbox"/> Biceps debridement | <input type="checkbox"/> SLAP repair |
| <input type="checkbox"/> Subacromial decompression | <input type="checkbox"/> Biceps tenotomy | <input type="checkbox"/> Bankart repair |
| <input type="checkbox"/> Distal clavicle excision | <input type="checkbox"/> Biceps tenodesis | <input type="checkbox"/> Post. Labral repair |
| <input type="checkbox"/> Coplaning AC joint | <input type="checkbox"/> Rotator cuff debridement | <input type="checkbox"/> Capsular plication |
| <input type="checkbox"/> Subcoracoid decompression | <input type="checkbox"/> Rotator cuff repair | <input type="checkbox"/> Capsular release |
| <input type="checkbox"/> Glenohumeral debridement | <input type="checkbox"/> Subscapularis tendon repair | <input type="checkbox"/> Other _____ |

Early Rehabilitation Program

- Sling:** sling only for pain, discontinue use as soon as possible
 3 weeks
 4 weeks
 6 weeks

Repetitions For All Exercises

Perform all exercises four times a day. Perform each movement 10 times during each session. Hold each stretch for a count of 10. Each time you perform your exercises try to increase the range of motion within the limits stated (i.e. for the external rotation exercise). Use pain as your guide. You should feel some discomfort with each stretch. However, it should not be persistent pain so that it last more than 0.5 hr after stopping the exercise or it prevents you from performing your exercises at the next session. It is important to do your exercises or you may develop a stiff/frozen shoulder. Please contact your doctor if you have any questions or concerns.

Rehabilitation Exercises:

A. Hand and Wrist Exercises: Begin these exercises now

- i) Open and close your hand by making a fist and then straightening out your fingers.
- ii) Bend your wrist back and forth as if knocking on a door.
- iii) With your elbow at your side and bent at a 90-degree angle, turn palm up and down.

B. Elbow Exercises: Begin these exercises now

Bend and straighten your elbow. You may perform this exercise initially with the help of the other arm but you can use the muscles of the operated arm.

Bend and straighten your elbow. Perform this exercise using the good arm to straighten and bend the elbow. Do not use the muscles of the operated arm. Do not straighten the elbow completely. Stop about 20 degrees short of completely straight.

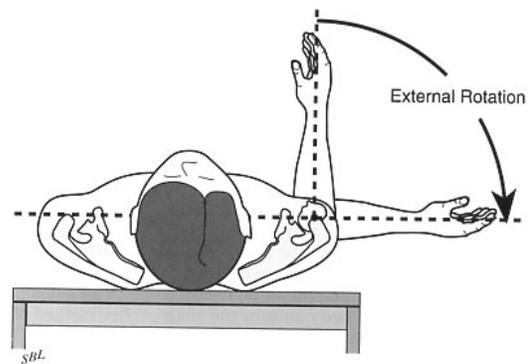
C. External Rotation Exercise: Begin this exercise now

With both elbows by your side and your arms bent at 90°, hold a stick (e.g. cane, cut-off broom stick) between your hands. By using the good arm, gently push the operated arm outward from your body using the stick. **Keep your elbow against the side of your body.** Do not use the muscles of the operated arm to move the shoulder, use the good arm and push the operated arm using the stick. It is easiest to perform this exercise lying down. As you feel more comfortable you can perform this exercise standing. You should increase the amount of external rotation slowly according to the limits below:

Turn the arm outward from the body: as much as possible (i.e. full range)

to 0° (i.e. straight ahead)

other _____



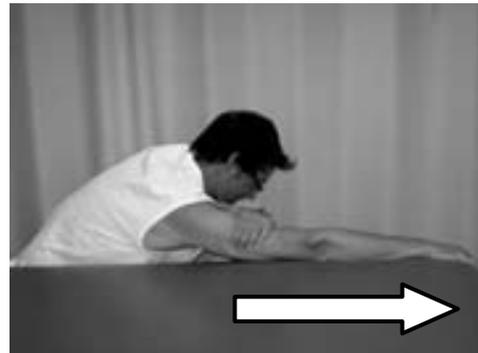
D. Shoulder Blade Movements Begin this exercise now

You can perform this exercise sitting or standing, with or without your sling on. While sitting (or standing) with your back straight, squeeze your shoulder blades up (towards your ears), straight back (squeezing them together) and back and down (opening your chest with your sternum up). Hold each position and then relax. Repeat movements.



- E. Table Slides:**
- Begin this exercise now
 - Begin this exercise 3 weeks after surgery
 - Begin this exercise 4 weeks after surgery
 - Begin this exercise 6 weeks after surgery

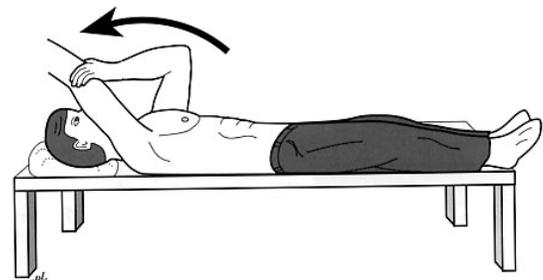
Sit on a stool or chair, with your arm supported on a level surface such as a table or counter. Slowly inch your arm forward, sliding it along the table while it is completely supported. You can place a cloth under your hand and forearm to help slide your arm more smoothly. As you gain more motion, lean your body forwards until you feel a comfortable stretch in your shoulder. Return back to an upright sitting position.



- F. Forward Elevation Exercise:**
- Begin this exercise now
 - Begin this exercise 3 weeks after surgery
 - Begin this exercise 4 weeks after surgery
 - Begin this exercise 6 weeks after surgery

While lying on your back, gently raise your arm up towards your head and over your shoulder. You should initially perform this exercise by using the good arm and helping to push the operated arm up. As you slowly feel more comfortable you can increase the range of motion over the shoulder and decrease the amount of help from your good arm.

Once you can comfortably lift your arm completely above your shoulder you can perform this exercises standing. To transition from a lying to a standing position, it is easiest to do this progressively by using a reclining chair (e.g. Lazy Boy) and start the exercises lying down and then slowly and progressively raising the seat back up (usually over days or weeks), as you feel comfortable.



G. Rope and Pulley Exercise:

- Begin this exercise now
- Begin this exercise 3 weeks after surgery
- Begin this exercise 4 weeks after surgery
- Begin this exercise 6 weeks after surgery

In a chair with your back to the door, use your good arm to pull the operated arm up to a reasonable level and hold for a count of 10. SLOWLY, let the affect arm come down and repeat this to the same level. You can increase the height by an inch or two periodically over a course of a day or two as your pain allows.

