

Department of
PHYSIOTHERAPY

Rehabilitation After Shoulder Surgery: Rotator Cuff Repairs / SLAP & Bankart Repairs



Rotator Cuff Repairs



Physiotherapy After Rotator Cuff Repairs

The shoulder surgery is usually done in Day or Ambulatory Surgery. After the surgery, a physiotherapist will see you to guide you with:

1. Techniques to manage pain and swelling
2. Correct use of your arm sling
3. A home exercise programme that will help restore the range of movement and strength of your shoulder, while protecting the repaired tissue in the first few weeks.

Protecting Your Shoulder

You will be given an ice pack and arm sling after your surgery.

To facilitate a smooth recovery, you should:

- i. Ice your shoulder 15-20mins, a few times a day to control pain and swelling. Apply the ice pack after exercising if you are able to.
- ii. Take off your arm sling only when showering or doing exercises. Wear your arm sling when walking, sleeping and on any form of transport.
- iii. Depending on your surgeon's advice, you should wear your arm sling for about 4-6 weeks after surgery.



DO'S ✓**DON'T'S** ✗

Follow your surgeon and physiotherapist's instructions on movements allowed

Lift heavy objects with operated arm

Exercise regularly according to exercises prescribed by physiotherapists

Have sudden or jerky movements

Take your medications prior to exercising

Drive until given clearance by your surgeon

Seek medical attention if numbness in the operated arm persists more than 48 hours after surgery

Push your body weight on the operated arm

Stop if your exercises cause excessive pain or if you are feeling unwell (e.g. fever/excessive bleeding)

Have active movements of the operated shoulder (moving without support) until further directed

Bring your shoulder out to the side (Fig. 2), until further directed



Fig. 2

Turn your palm away from your body to face forwards (Fig. 3), when your elbow is tucked by your body, until further directed

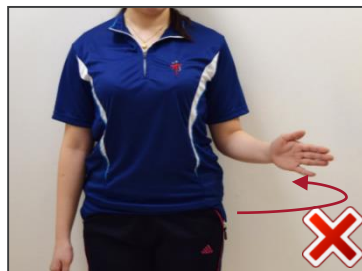


Fig. 3



Physiotherapy After SLAP and Bankart Repairs

The shoulder surgery is usually done in Day or Ambulatory Surgery. After the surgery, a physiotherapist will see you to guide you with:

1. Techniques to manage pain and swelling
2. Correct use of your arm sling
3. A home exercise programme that will help restore the range of movement and strength of your shoulder, while protecting the repaired tissue in the first few weeks.

Protecting Your Shoulder


You will be given an ice pack and arm sling after your surgery.

To facilitate a smooth recovery, you should:

- i. Ice your shoulder 15-20mins, a few times a day to control pain and swelling. Apply the ice pack after exercising if you are able to.
- ii. Take off your arm sling only when showering or doing exercises. Wear your arm sling when walking, sleeping and on any form of transport.
- iii. Depending on your surgeon's advice, you should wear your arm sling for about 2 weeks after surgery.



Fig 4. The correct way to wear an arm sling

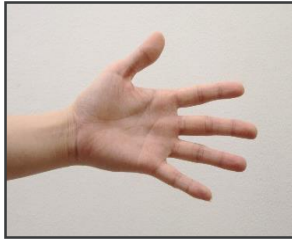
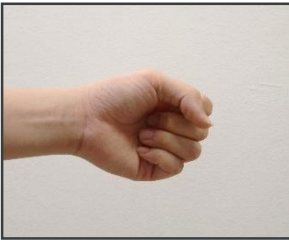
DO'S <input checked="" type="checkbox"/>	DON'T'S ✗
Exercise regularly according to exercises prescribed by physiotherapist	Lift heavy objects with operated arm
Take your medications prior to exercising	Have sudden or jerky movements
Seek medical attention if numbness in the operated arm persists more than 48 hours after surgery	Drive until given clearance by your surgeon
Stop if your exercises cause excessive pain or if you are feeling unwell (e.g. fever/excessive bleeding)	Push your body weight on the operated arm
	<p>Turn your palm away from your body to face forwards (Fig. 5), when your elbow is tucked by your body, until further directed</p>  <p>Fig. 5</p>

Home Exercise Programme

Compliance to the prescribed exercises is necessary to achieve both desirable short term and long term shoulder function. Exercising regularly may facilitate recovery and allow you to have full shoulder function as soon as 4-6 months after the shoulder surgery.

You may remove your arm sling when doing your exercises.

Finger Pumping

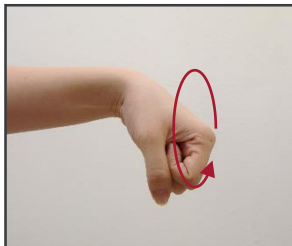
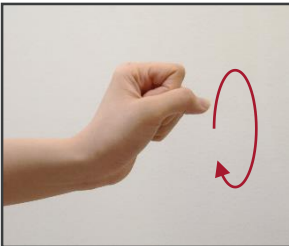


Repeat ___ times.

Do ___ sessions a day.

- i. Spread out fingers as wide as possible, then close tight into a fist.

Wrist Motion (Circumduction)



Repeat ___ times.

Do ___ sessions a day.

- i. Bend wrist twisting into a circular motion.
- ii. Repeat in clockwise and anticlockwise directions.

Neck Side Bending Stretch



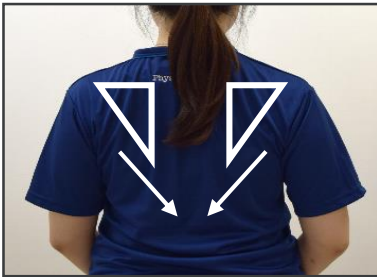
Hold ___ seconds.

Repeat ___ times.

Do ___ sessions a day.

- i. Bend head sideways away from operated side.
- ii. Use your other hand that has not been operated to hold neck down until you feel a stretch.

Shoulder Blade Squeezing



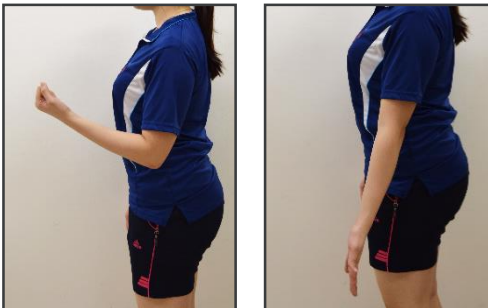
Hold ___ seconds.

Repeat ___ times.

Do ___ sessions a day.

- i. Sit with your back straight.
- ii. Squeeze shoulder blades together, inwards and downwards.

Elbow Motion (Bend/Straighten)

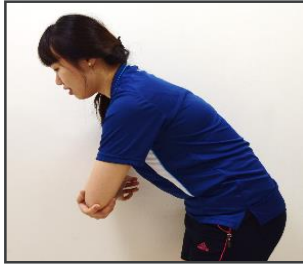


Repeat ___ times.

Do ___ sessions a day.

- i. Bend elbow up (hands to shoulders)
- ii. Then fully straighten down

Pendulum Exercises (Cradled)



Repeat ___ times.

Do ___ sessions a day.

- i. Bend forward at the waist, cradle operated arm with your other hand, at the elbow
- ii. Relax operated arm
- iii. Use your other hand to rotate operated arm clockwise, and anticlockwise

External Rotation (to Midline)



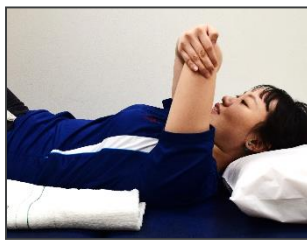
Hold ___ seconds.

Repeat ___ times.

Do ___ sessions a day.

- i. Start with palm of operated arm facing body
- ii. Keep elbow tucked by body, push operated arm out until fingers point forwards

Passive Shoulder Elevation Exercises



Hold ___ seconds.

Repeat ___ times.

Do ___ sessions a day.

- i. Lying down, support operated arm with your other hand, at the elbow.
- ii. Bring operated arm upwards.

Rehabilitation Goals

You will be given an outpatient physiotherapy appointment upon discharge.

The following goals can be used as a guide for your recovery. However, specific goals may vary between individuals.

You should perform your exercises according to your physiotherapist's advice. Always consult your physiotherapist before trying something new or if you have any questions with regard to your exercises.

Timeline	Goals
1-4 weeks	<ul style="list-style-type: none">• Manage pain and swelling• Maintain range of movement of hand, wrist, and elbow• Begin home exercises as directed by physiotherapist
4-6 weeks	<ul style="list-style-type: none">• Increase shoulder elevation range to 120 degrees• Continue exercises as directed by physiotherapist
6-12 weeks	<ul style="list-style-type: none">• Increase shoulder elevation range to 160 degrees• Progress to unassisted, active movement of operated arm
>12 weeks	<ul style="list-style-type: none">• Begin gentle strengthening exercises• Start on full range of normal movement of shoulder• Begin jogging/cycling
>6 months	<ul style="list-style-type: none">• Optimise strength, power and endurance• Gradual progression to return to sport

If you have any further queries on your condition, please do not hesitate to contact your healthcare team.

REMEMBER TO:

- Ice your shoulder regularly
- Wear your shoulder sling as advised
- Do your exercises daily
- Attend your outpatient appointment



If you have any further enquires, please check with your healthcare team during your hospital stay.



© Tan Tock Seng Hospital, Singapore 2018. All rights reserved. All information correct as of April 2018. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.