

Name:

Date:



Dr Daniel Biggs
Shoulder & Knee Surgeon

Surgery for Shoulder Instability

Your operation:

1.
2.
3.

Dislocation and partial dislocation (subluxation) of the shoulder is usually due to the tearing and **stretching** of the ligaments at the front of the shoulder joint. The ligaments are torn from the front of the socket (glenoid) of the shoulder.

The surgery involves re-attaching the ligaments to the bone and tightening the ligaments if necessary. This is generally done arthroscopically through 2-3 small incisions around the shoulder, or in some instances through a slightly larger incision at the front of the shoulder.

The aim of the operation is to **repair** the ligaments back to the bone, tighten the joint capsule and so stabilise the shoulder.

After your operation - Immediate Post-Op Phase

Important points to remember after your rotator cuff repair

1. Keep your dressing clean and dry after your discharge from hospital. Replace the dressing if it gets wet or soiled.
2. Your stitches will need to be removed between 7-14 days after your surgery. This is usually done at your follow up appointment with Dr Biggs.
3. Please telephone the surgery and book in to see Dr Biggs 7-14 days after your surgery. (If you are a country patient and it is difficult to get back to Sydney to see Dr Biggs, your sutures can be removed by your local GP).
4. You will receive a script for pain medication when you are discharge from hospital.
5. Review your exercise with your physiotherapist at:

continued over.....

Weeks 1-3: Protection Phase



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Sling - You will wear your sling for 3 weeks.

- You may remove the sling for showering but the arm must remain by your side

Sling Position

- Position your sling in front and slightly to the side of your body
- Relax your shoulder



- Do not** have the sling on the side of your body
- Do not 'hitch' your shoulder up



Exercises

- Wrist and finger range to motion exercise
- Maintain grip strength by squeezing a ball, foam or putty

Elbow Bend & Straighten

- Standing, sitting or lying down
- Straighten elbow, bend elbow
- Repeat 10 times, 3-5 x day



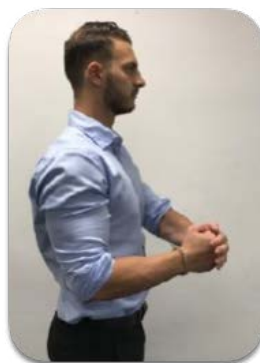
Week 4: ROM/Mobilisation Phase

- Wean from sling
- You may begin to lift your arm forward aim for shoulder height
- Aim for 90° by week 6

The following isometric exercises involve contracting the muscles without moving the shoulder joint

Isometric Forward Flexion/Elevation

- Gently push your hand forward against your opposite hand or a fixed object
- Aim for 50% tension initially, no pain
- Hold for 10 seconds, 5 repetitions, 3-5 x day



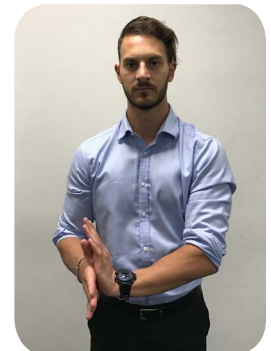
Isometric External Rotation

- Gently push the back of your wrist outwards against your hand or a fixed object.
- Aim for 50% tension, no pain
- Hold for 10 seconds, 5 repetitions, 3-5 x day
- Avoid stretching into external rotation, this may damage your repair



Isometric Internal Rotation

- Gently push your hand inwards against your opposite hand or a fixed object
- Aim for 50% tension, no pain
- Hold for 10 seconds, 5 repetitions, 3-5 times a day





Active External Rotation

- Lying on your back with elbow supported
- Arm resting on stomach
- Gently rotate your arm away from your body until your hand points straight up to the ceiling
- 10 repetitions, 3-5 x day



Assisted overhead reach

- Lying down, relax operated arm
- Use your good arm to pull the wrist up towards the ceiling, slowly. Aim for 90° initially
- Hold for 5 seconds, repeat 5 times, 3-5 x day
- Progress this exercise by holding for a longer period, or increasing repetitions
- Supine initially then progress to sitting



Week 6-12: ROM & Strength Phase

Week 6 see Dr Biggs for review

Functional

- Aim to lift arm forwards: 90° by 6 weeks, 120° by 9 weeks and 160° by 12 weeks
- Do not push external rotation ROM, it may take many months to regain
- Do not lift over 3kg for the first three months

External rotation

- Rotate your arm outwards against the resistance of a rubber band
- Hold 5 seconds, repeat 5 times, 1-3 x day
- Start gently and gradually increase pressure



Internal rotation

- Rotate arm inwards
- Against resistance of rubber band
- Hold 5 seconds, repeat 5 times, 1-3 x day



Week 12 see Dr Biggs for review

3-6 months

- Continue gradually increasing internal and external rotation strengthening exercises
- Continue swimming (gentle breaststroke first), continue aerobic exercises
- Increase strength, endurance and co-ordination of your shoulder muscles
- Do not “check” your shoulder to test it out or check if stable

Return to Sport is allowed after 6 month provided:

1. You have **near full movement** of your shoulder
2. **Full return of power** (strength) compared to the other shoulder and
3. You feel **confident** with your shoulder