

Patient Information Sheet

Early Exercises following Shoulder Surgery

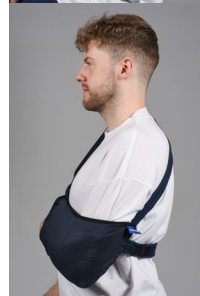
This leaflet gives you information about exercises that you should complete whilst you are immobilised in a sling following your shoulder surgery. It is essential that these are performed regularly, approximately 4 times per day.

Whilst wearing your sling it is important to be aware of your posture. A good posture is essential for recovery and to avoid placing abnormal stresses and strains on the surrounding tissues and joints.



Achieving a neutral position of your shoulder blades regularly throughout the day will be helpful and can be performed with your arm in the sling.

To do this move your shoulder blades back and down to, what is known as, the neutral position. Maintain this position whilst you are doing your exercises.



Neck exercises:

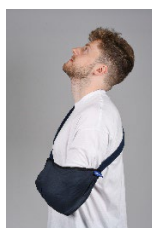
Your neck exercises can be performed whilst wearing your sling. Each exercise should be repeated 5-10 times.



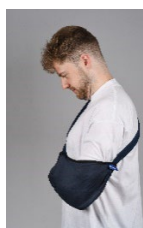
Turn your head to look over one shoulder
Turn to look over other shoulder.



Tilt your head to the side so that your ear lowers towards your shoulder, try not to lift your shoulder to meet it.



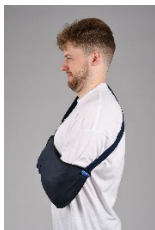
Tilt your head backwards to look up towards the ceiling.



Tilt your head forwards to look down towards the floor.

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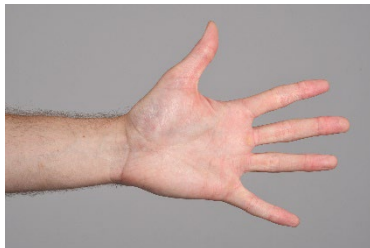
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Tuck your chin in, giving yourself a double chin, without looking down.

Elbow/hand/wrist exercises:

When completing your hand, wrist and elbow exercises, you may take your arm out of the sling but ensure you support your elbow. Repeat all exercises 5-10 times.



Bring your fingers into your palm to make a fist, then stretch them out.



Bend your wrist forwards and then backwards.



Bring your wrist towards your little finger and then your thumb.



Touch your thumb to the tip of each finger and try to slide it down the finger to the base.

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Bend your elbow and then straighten it as far as able. Always keep your hand touching your body which will ensure your shoulder doesn't move.



Turn your palm to face upwards and then face your palm towards the floor.

Follow-up:

Physiotherapy outpatient follow-up will be arranged for you. This is usually around 4-6 weeks after your surgery. This may differ depending on the specific surgery you have had and the instructions given by your surgeon. Physiotherapy will be provided at a location that best suits your needs.

Useful phone numbers

NHS Lothian switchboard: 0131 536 1000