

## Post Operative Exercises – Physiotherapy Instructions

Referral Letter- Give to Physio please

### Attention Physiotherapist,

Could you please treat this patient who has recently undergone an arthroscopic rotator cuff repair.

Our regime is that

### Immediate Post-op

Elbow, hand range of motion (ROM), neck exercises, and scapular stabilisation regimes

6 Weeks post op ( if small tear this may start at 4 weeks if directed by myself)

Sling should be removed and passive assisted active motion can be commenced with passive assisted flex/ext abduction and ER. ( Pulleys, Broomsticks, hydrotherapy)

### 10-Weeks post op

Should have full motion then isometric rotator cuff strengthening with theraband.

Start not lifting / pushing greater than 5 kgs and slowly increase to 12 kgs at the 6 month period following surgery.

### 6 Months postop

Unrestricted activities.

Thankyou for your help

Gavin Nimon

The logo for Glenelg Orthopaedics features the text "GLENELG ORTHOPAEDICS" in white, bold, sans-serif capital letters. The text is set against a dark blue background that transitions into a lighter blue and then an orange gradient at the bottom, forming a stylized wave or swoosh effect.

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## Rotator Cuff Repair Post-operative Instructions

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After hours pager. 8378 2179

## Post Operative Instructions

A sling will be applied in theatre which will encircle your body. This is to be left on at all times and will only be removed by the physio who will show you how to do your post-op exercises. There will be a large wound pad covering smaller dressings. They will be removed approximately 12 hours after surgery. The wound dressing will be changed and the new dressings will be waterproof. You can shower, but avoid getting water under the dressing. It is to be kept dry for 5 days. Please keep this sling on at all times.

You will be given a post-operative appointment upon discharge as you will need a review appointment 8–16 days post surgery. If you do not have this appointment, please contact the rooms on 8376 9988.

## Driving

Due to safety and insurance, driving is not permitted for 8 weeks following surgery or unless you have been given clearance by Dr Nimmon prior.

## Pain management

Pain relief or a script will be provided to you upon discharge from the hospital. This amount should be adequate however you may need to take “over the counter” pain relief for the next few weeks. It is not unusual to experience some pain for several weeks following surgery.

If you have any concerns such as swelling, redness, increased warmth of the operation site, excessive discharge from the wound or you have a temperature of generally feel unwell, please contact Dr Nimmon immediately on 8376 9988 or after hours paging service 8378 2179.

## Most important

The sling must be worn at all times, including sleeping for approximately 6 weeks.

You may be given a collar and cuff to wear in the shower. There should be no active shoulder movement for the 6 weeks your arm is in the sling.

It is important to carry out post-surgery exercises as shown by the physiotherapist while your shoulder is healing. These exercises can be carried out as able or 3-4 times a day. We recommend taking some pain relief 30 minutes prior to commencing exercises.

## Shoulder

Whilst sitting with arm in sling, loosen strap around waist. Place your feet wide apart bend forward at your waist, allowing your arm to gently drop forward. Cradle your operated arm and gently move it in circles with the assistance of your other arm.

## Elbow

Whilst lying with operated arm supported by pillow, loosen sling straps. From the resting position, simply move the hand of your operated shoulder towards chin, thus bending your elbow as far as able. When straightening, simply take hand down across stomach, pelvis and down to side as far as able WITHOUT ROTATING YOUR SHOULDER.

## Palms

With the arm in resting position across stomach, turn palm up then down.

## Wrist

In resting position, palms facing up, move wrist up and down.

## Hand

It is very important to keep the hand moving as it may be swollen, this will prevent it from getting stiff. Make a full fist, stretching your fingers out.

## Showering

A separate sling will be given for showering.

When showering wear this, lean on a wall or soap dish with the elbow allowing arm to passively come away from the body.

Axilla (armpit) can then be washed with other arm.

Then do the same on drying.

Put spray on deodorant on after to reduce potential bacterial load and then tinea powder (not spray on) in axilla to avoid moisture and reduce chance of thrush developing in axilla.

After, put on a t-shirt (loose fit). Put operated arm through the sleeve, then head and then opposite arm and put blue sling on over the top (do not wear singlet/sleeveless shirts etc as skin on skin will lead to thrush/irritation in arm pit (axilla)).