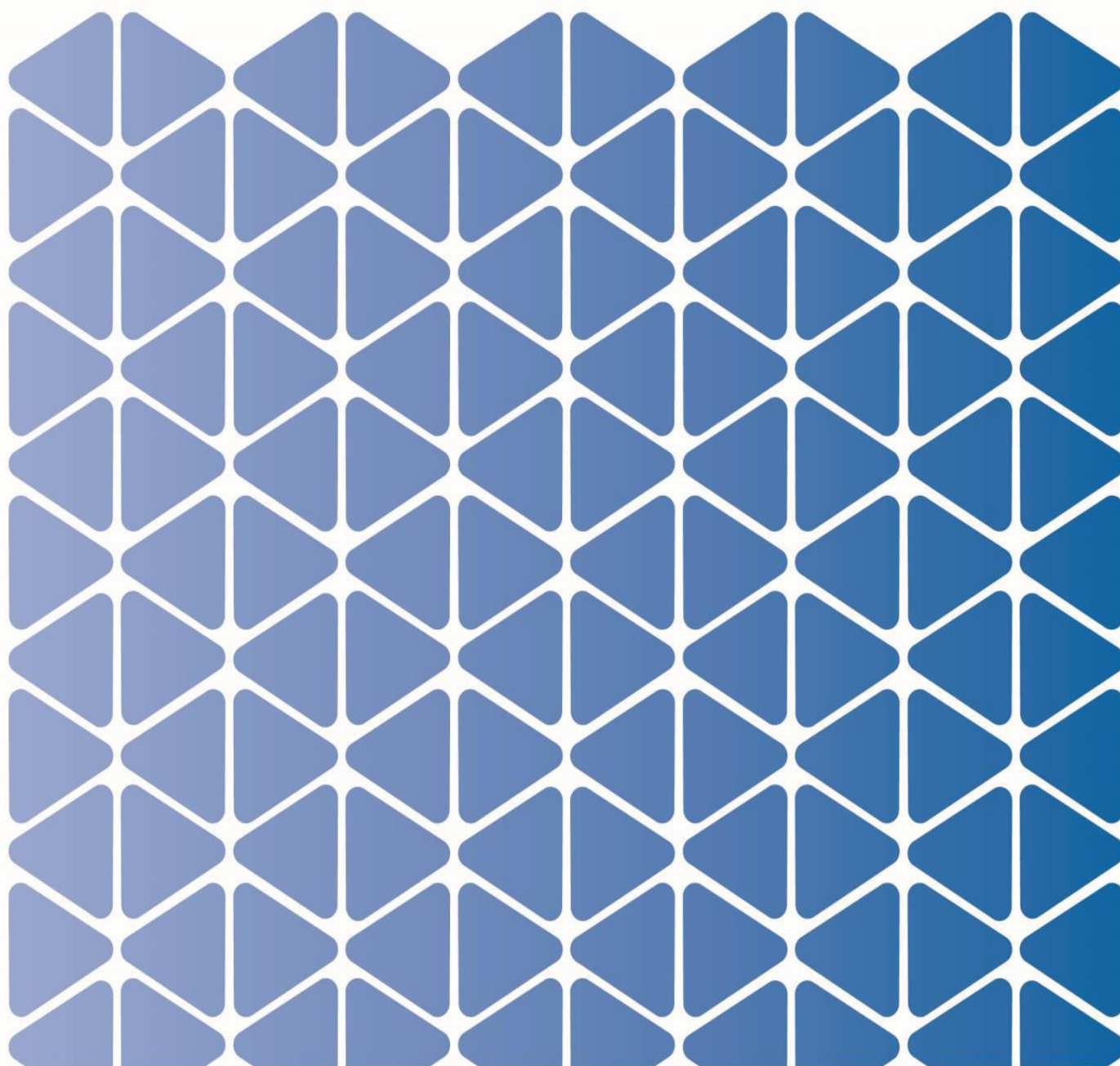


**PATIENT INFORMATION**

Physiotherapy Department

**EXERCISES AFTER  
SHOULDER SURGERY**

## Introduction

This leaflet is designed to help you with exercises after your shoulder surgery.

**Your physiotherapist will guide you with regards to the frequency and number of repetitions you need to do.**

Please only complete the exercises that have been ticked by your Physiotherapist. If you are required to wear a sling, you can remove the sling to complete the following exercises ticked below. Your Physiotherapist will show you how to take the sling on and off safely.

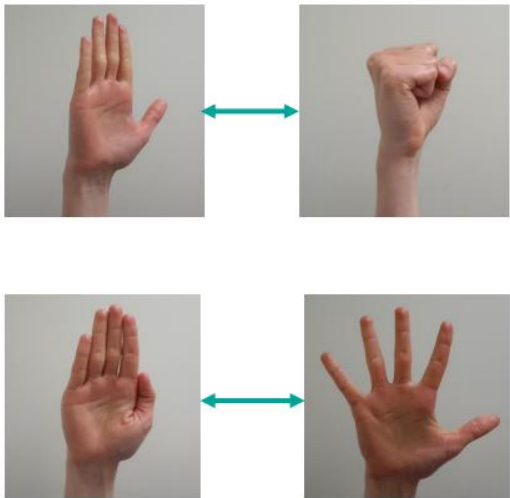
## Importance of exercises

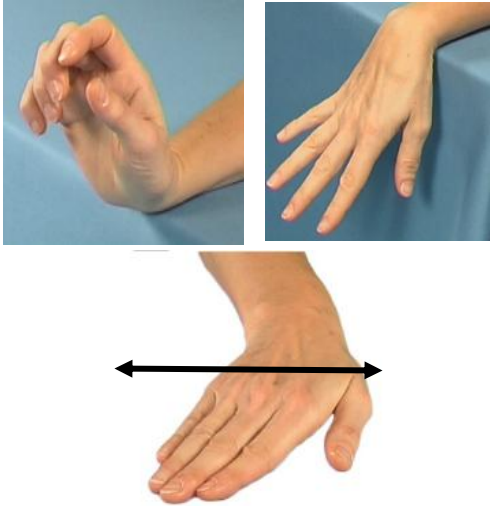
Exercise is important for the following reasons:

- Keeps joints mobile to prevent stiffness;
- Strengthens muscles;
- Increases circulation of the blood;
- Improves oxygen to the tissues which aids the healing process;
- Increases mental well-being.

Never rush doing exercises, start slowly and gradually increase. Pain or uncomfortable stiffness following activity is a sign that it has been overdone.

Please only complete the exercises that have been ticked by your physiotherapist. You should try to complete 3 sets of your exercises daily (unless advised otherwise).

|                                                                                     |                                                                                     |                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | <p><b>Finger/circulation exercises</b></p> <p>Bend your fingers downwards to make a fist, then open your hand back out. Repeat 10 times every hour.</p> <p>Spread your fingers apart and then bring them back together. Repeat 10 times every hour.</p> |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                        |                                                                                     |                                                                                                                                                                                                          |
|--------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input data-bbox="113 141 188 219" type="checkbox"/>   |    | <p><b>Wrist movements</b></p> <p>Move your hand up and down from your wrist joint. Repeat 10 times.</p> <p>Move your wrist from side to side. Repeat 10 times.</p>                                       |
| <input data-bbox="113 745 188 824" type="checkbox"/>   |   | <p><b>Pronation and supination</b></p> <p>Turn your palm over so it faces the ceiling, then downwards so it faces the floor.</p> <p>Repeat 10 times.</p>                                                 |
| <input data-bbox="113 1238 188 1317" type="checkbox"/> |  | <p><b>Elbow flexion and extension</b></p> <p>Bend your elbow (you may need to support your affected arm with your better arm), then try to <b>fully straighten</b> your arm.</p> <p>Repeat 10 times.</p> |

|                                                        |                                                                                     |                                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input data-bbox="113 141 188 219" type="checkbox"/>   |    | <p><b>Scapular setting</b></p> <p>Sit in a chair. Slowly pull your shoulder blades back and down. Hold for 5 seconds, then relax.</p> <p>Repeat 5 times.</p>                                                                                                                                               |
| <input data-bbox="113 701 188 779" type="checkbox"/>   |   | <p><b>Pendular exercise – forwards and backwards</b></p> <p>Stand leaning forwards onto a stable support with your non-affected arm. Let your operated arm hang in a relaxed position.</p> <p>Gently swing your arm forwards and backwards.</p> <p>Repeat 20 times.</p>                                    |
| <input data-bbox="113 1395 188 1473" type="checkbox"/> |  | <p><b>Pendular exercise – side to side</b></p> <p>Stand leaning forwards onto a stable support with your non-affected arm. Let your operated arm hang in a relaxed position.</p> <p>Gently swing your arm side to side, moving from out to the side, to in front of your body.</p> <p>Repeat 20 times.</p> |

|                                                                                   |                                                                                   |                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | <p><b>Pendular exercise – circling</b></p> <p>Stand leaning forwards onto a stable support with your non-affected arm. Let your operated arm hang in a relaxed position.</p> <p>Swing your arm as though drawing a circle on the floor. Repeat 20 times.</p> <p>Repeat in the opposite direction 20 times.</p> |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## QUERIES

If you have any queries about any of the advice contained in this booklet

OR

If you are unable to progress your exercises in accordance with the booklet

OR

If you have persistent pain, swelling or worsening of your symptoms, please contact the Physiotherapy Department at the hospital where you had your operation between 8.30am - 4.30pm Monday to Friday.

### **Worcestershire Royal Hospital**

01905 760622 / 760187

### **Alexandra Hospital, Redditch**

01527 512114

### **Kidderminster Hospital**

01562 513066

## **Feedback for Inpatient Therapies**

**Please scan the QR code or follow the link below:**

If you have been seen by a Physiotherapist or Occupational Therapist during your admission, please leave us some feedback by scanning the QR code or following the link and filling in the short survey.



<https://apps.worcsacute.nhs.uk/PublicSurvey/AHPFeedback>

Ward admitted to: \_\_\_\_\_

Therapy team who treated you: \_\_\_\_\_



**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.