General physiotherapy instructions after Shoulder Arthroscopic surgery

For a successful outcome of surgery, rehabilitation exercises are of utmost importance. These have to be started from the day following your surgery and are gradually modified as your recovery progresses.

General instructions

- Recovery depends on the nature of problem you had and type of procedure performed.
- Each individual responds differently to surgery
- Don't compare your recovery with other patients
- Exercises should be performed without any jerky or abrupt motion
- Bathing – Do not wet the operated area. After stitch removal, you may take bath/ shower freely

POST OP DAY 0

1. Keep ice packs after every 4 hours on the operated area to avoid and reduce swelling


POST OP DAY 1

1. Pendulum, Circular exercise
   - Bend forward 45 degree at the waist, using a table for support
   - Gently swing your arm in a circular pattern, first clock-wise then anti clock-wise 10 times
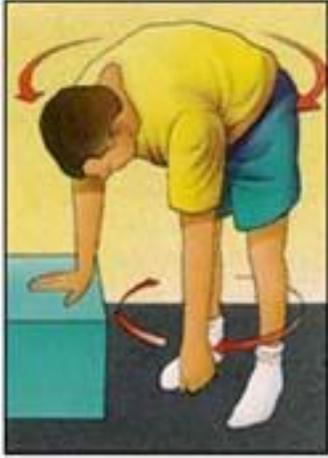
2. Then in the same position, gently swing your arm forward and backward, 10 times
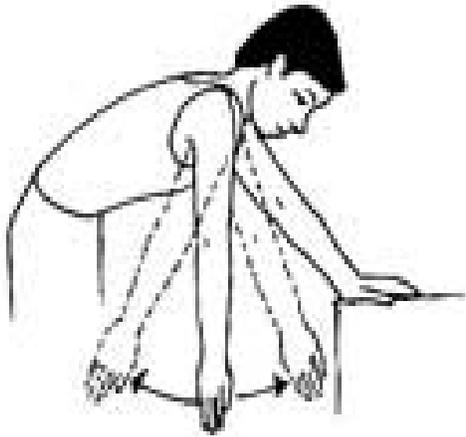
3. In same position, gently swing your arm inwards and outwards, 10 times

4. Active Wall ladder/Finger ladder exercise
   - With elbow straight, use fingers to crawl up the wall as far a possible
   - Gently take steps towards wall, so that your arm is straight and touching the wall
   - Do the exercise first facing the wall, then standing sideways to the wall

5. Supported shoulder rotation
   - Keep elbows in place, and shoulders down and together
   - Slide forearm back and forth
   - Repeat 10 times

1. Elbow flexion(with or without weight)
Keep your elbow close to your side and slowly bring the weight up toward your shoulder and bring down

POST OP DAY 2

1. Continue same exercises twice daily
2. Crossover arm stretch

Relax your shoulder and gently pull the arm across your chest as far as possible
Hold for 10 sec
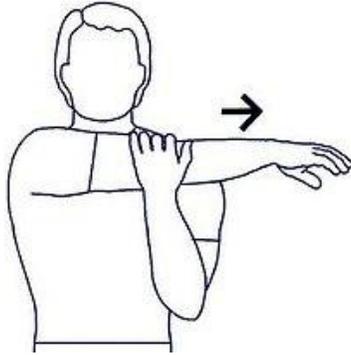
3. Active shoulder internal rotation

Bring hand behind the back and across to opposite side
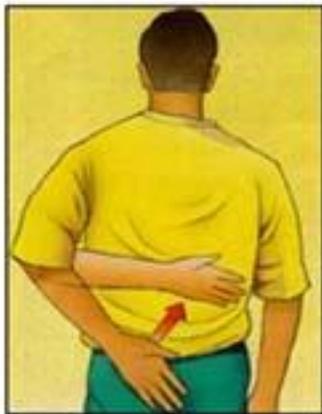
FOLLOW THE SAME FOR A WEEK AND FROM 2ND WEEK

1. Continue same exercises
2. Assisted shoulder flexion
   - Clasps hands together and lift your arms above head, can be done in lying position also
   - Try to keep your elbows as straight as possible
   - Repeat 10 times
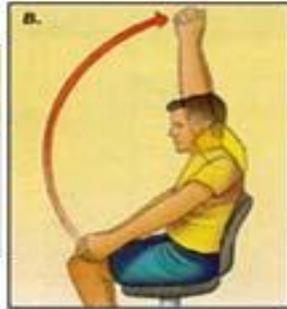
3. . Isometric shoulder extension
   - Stand with your back against the wall and your arms straight your side
   - Keep your elbows straight
   - Push your arms into the wall
   - Hold for 5 sec and relax
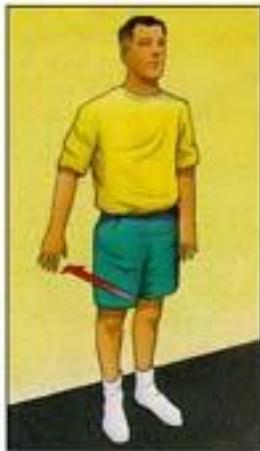
4. Isometric shoulder external rotation
   - Stand with the operated arm against the wall
   - Bend your elbow 90 degrees
   - Push your into the wall
   - Hold it for 5 sec and relax

5. Isometric shoulder internal rotation
    - Stand at the corner of a wall
    - Place the operated arm against the wall around the corner, bending your arm at 90 degree
    - Push your arm in the wall
    - Hold for 5 sec and relax

6. Isometric shoulder adduction
    - Press upper arm against a small pillow alongside your body
   - Hold for 5 sec
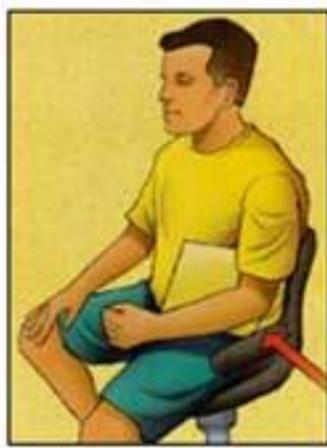
7. Isometric shoulder abduction
    - Resist upward motion to the side
    - Push arm against back of the chair
    - Hold for 5 sec

8. Trapezius strengthening
- Lean forward with the help of a table.
- Slowly raise your arm, rotating your hand to the thumbs-up position and stopping when your hand is shoulder height, with your arm parallel to the floor
- Slowly lower your arm
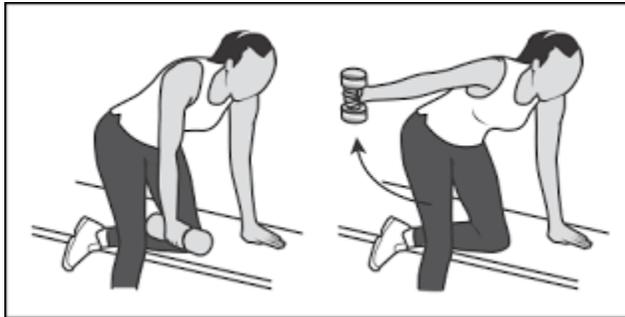
AFTER 4 WEEKS

1. Continue same exercises
2. Active shoulder flexion
- Raise your arm forward and towards the ceiling,, keeping elbow straight
- Hold for 10 seconds
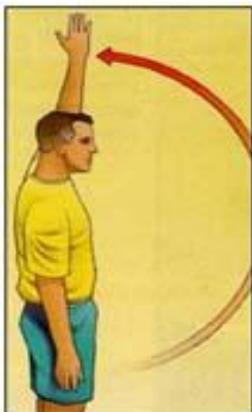
3. Active shoulder abduction
    - Raise your arm out to side, elbow straight and palm downwards.
    - Do not shrug the shoulder
    - Hold for 10 seconds

4. Active shoulder internal rotation
    - Keep elbow bent at 90 degree
    - Holding light weight, raise your hand toward the stomach. Slowly return

5. Active shoulder external rotation
    - Keep elbow 90 degree qt side
    - Holding light weight, raise your hand away from stomach. Slowly return