Rehabilitation Program Following Shoulder Diagnostic Arthroscopy, Acromioplasty, Decompression, AC Resection, Debridement

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ACTIVITIES OF DAILY LIVING
FOLLOWING YOUR SHOULDER SURGERY

Before Your Surgery

- You can prepare your home so that things are easier to do after your surgery:
- Practice doing things using only the arm that will not be operated (e.g. preparing meals, washing yourself, wiping yourself after using the toilet with one hand).
- Make sure you have a few extra pillows. You will need these to support your shoulder when sleeping on your back or unoperated side.
- Prepare and freeze meals in advance, purchase easy to prepare meals or frozen dinners that are easy to open.
- Ask your friends and family for assistance with cleaning and meal preparation.
- A reusable hot/cold pack is helpful for any swelling or tense muscles that you may experience after surgery.
- A “reacher” can help picking things up from the floor and getting hard to reach items. Reachers are available at the hospital gift shop or medical supply stores.
- An electric can opener and an electric toothbrush may be helpful (especially if you are having surgery on your dominant arm).

Sleeping

You should sleep on your back or unoperated side. When sleeping on your back, support your operated shoulder by placing a pillow underneath. When sleeping on your side, a pillow can be placed across your chest to support your operated arm. You may be more comfortable sleeping in a sitting position. Your surgeon will likely request that you sleep with you sling on.

Bathing

A non-slip mat in your shower/bath tub will improve safety. Your arm can hang gently at your side while bathing. Don’t forget to wash underneath your operated arm. You can increase your independence with bathing by using a long-handled sponge to wash your back and legs using your unoperated arm. You may cover your bandage with plastic while showering. Your nurse will speak to you regarding care of your incision and bandage.

Dressing

Loose fitting clothing and button-up shirts are ideal. You may do up/undo buttons using your operated arm. Dress your operated arm first, then your unoperated side. When undressing, begin with your unoperated arm, then your operated arm. Bras should be fastened in front, turned to the back using your unoperated arm and then the straps pulled up last. Your sling should be worn over your clothes. If you wear shoes with laces, you may want to consider elastic shoelaces or slip-on shoes - it is difficult to tie laces with one hand.

****If you have any questions or concerns about this information please speak to your Occupational Therapist or Nurse. ****

After Your Surgery

The following exercise program has been designed to provide guidelines and basic instructions for you and your physical therapist to help restore your shoulder’s range of motion and strengthen your muscles.

Should you have any questions about your surgery, you can contact your surgeon. Any questions about your exercise program can be directed to the Rehabilitation Department at (416) 967-8626.
PHASE I: DAY ONE AFTER SURGERY

Elbow, Wrist and Hand Mobility

- After your shoulder surgery, it is important to maintain full mobility of the joints below the affected shoulder.
- These exercises should be done 4-5 times throughout the day.

Elbow:
- In sitting or lying, gently bend and straighten your elbow. Assist with other hand, if needed.
- Make sure that your elbow straightens fully.

Hold 5 seconds, Repeat 10 times.

Wrist/Hand: Repeat each exercise 10 times.

1. Bend your wrist forward, backwards and in a circular motion.
2. With your palm open, move hand from side to side.
3. Open and close your hand, making a fist.
4. Squeeze a soft ball.

Shoulder Posture:
- Frequently squeeze the shoulder blades together while shoulders remain relaxed (do not shrug up shoulders).
**Pendular Exercises:**
Bend forward and support your unoperated arm on a table. Relax and let gravity help you to swing the operated arm forward and backward,

and clockwise and counterclockwise. Perform this exercise 10 times.

**Active Assisted Range of Motion Exercises:**
*These exercises involve moving the arm with assistance.*

**Flexion:** To improve your overhead elevation (flexion), you need to move your arm upward. You can use a cane or your good arm to assist with the movement. Keep your shoulder blades squeezed and do not shrug up your shoulders. Hold 5 seconds. Perform this exercise 10 times, 3 –5 times a day.
Active Assisted Range of Motion Exercises: *These exercises involve moving the arm with assistance from other hand or rolling a ball on a wall.*

**Active Assisted Flexion With Arms on Table:**

- Sit with arms on table and hands clasped in a prayer pose.
- Keep palms together and elbows on table while sliding elbows together.
- **must assist with other hand**
- Lift elbows off table with assistance from other hand.
- Lift to shoulder height, maintain shoulder blades squeezed and avoid shrugging up shoulders. Hold 5 seconds, Repeat 10 times.

**Active Assisted Flexion With Ball on Wall:**

- With ball on the wall, place operated hand on ball. Press hand into ball and roll ball upward on the wall (avoid lifting the ball). Repeat 10 times.

*If needed can assist movement with the help of the other hand either on the ball or by holding the wrist of the operated arm.*
External Rotation:
This movement occurs when your arm rotates outward. To increase your external rotation, use a cane and push the cane towards the operated arm. Your elbows should be kept at a right angle and tucked at side.
Hold 5 seconds, Repeat 10 times.

Abduction:
• push the elbow of the operated arm outwards against your other hand or into a wall.
Hold 5 seconds,
Repeat 10 times.

External Rotation:
Isometric strengthening exercises are performed with your elbow tucked into your side without movement of the

Internal Rotation (Hand behind the Back):
• This movement is usually limited and painful following surgery.
• To improve your inward rotation, you can either use a towel or your good arm to pull the operated arm upwards and across your back.
• Perform this exercise very gently to increase your range gradually.
Hold 5 seconds, Repeat 10 times.

Sub-maximal Isometric Exercises:
Isometric strengthening exercises are performed with your elbow tucked into your side without movement of the

Internal Rotation:
• push the hand of your operated arm inwards against your other hand.
Hold 5 seconds,
Repeat 10 times.

Extension:
• push the elbow of your operated arm backwards into a wall or the back of a chair.
Hold 5 seconds,
PHASE II: 3 DAYS TO 1 WEEK AFTER SURGERY

Active Range of Motion: These exercises involve moving the arm actively without assistance within a “painfree range”. Follow the same instructions for Active Assisted Exercises without using any support from the unoperated arm or cane.

Active Flexion: ***Keep shoulder blades squeezed and elbow pointing forward at all times***

Standing with back against wall, feet shoulder width apart and heels 3 inches from wall, back of head against wall with eyes level (do not tilt head).

- Lift arms up with elbows bent and tucked at sides (keep elbows pointing forward).
- Keep shoulder blades squeezed and avoid shrugging up shoulders.
- Continue lifting arms overhead, fingertips towards the wall.
- Keep shoulder blades squeezed as you gradually raise your arms higher, try to slide fingertips up the wall as the elbows slowly straighten.
- Hold 5 seconds in overhead position as the tummy squeezes in, then bend elbows as you lower arms
  Repeat 10 times.

Active Flexion With Sub-maximal Isometric External Rotation & Scapular Protraction:

- Start with arm at side of body and push outward against your other hand
- Raise the operated arm as above, while lightly pressing the wrist of the operated arm outward and forward against the other hand. Repeat 10 times.
  ***Keep shoulder blades squeezed and elbow pointing forward at all times***

operated arm presses outward against other hand

Forward pressure of operated arm = scapula protraction.
PHASE III: 1 TO 3 WEEKS AFTER SURGERY

**STRENGTHENING EXERCISES:** Once you are able to move your shoulder throughout its full range of motion without pain, you can progress to strengthening exercises with resistance such as light weights or elastic bands (i.e. Thera-Band®)

**External Rotation with Arm on the Table:**
- Raise the hand of your operated arm off table against resistance from band held in other hand (keep elbow on table).
- Slowly lower hand back to table while maintaining resistance from band.

  Hold 5 seconds, Repeat 10 times.

**External Rotation:**
- Keep elbow tucked into a rolled towel in armpit.
- Your elbow should remain bent at a right angle (90°).
- Move your hand out to no more than 45 degrees against the tension of the elastic band. After 12 weeks can progress beyond 45 degrees.

  Hold 5 seconds, Repeat 10 times.

**Internal Rotation:**
- Keep your elbow bent at a right angle (90°) and tucked at your side into a rolled towel.
- Move your hand across your stomach to about 45 degrees.

  Hold 5 seconds, Repeat 10 times.

**Press Ups Against A Wall:**
- Stand with feet away from the wall and hands on wall at shoulder height.
- Push hands into wall to straighten arms, then bend elbows slowly.
- Repeat 10 times.

  Keep your hands at shoulder level and your back straight.
  Your weight remains on the toes.

**Progression:**
Complete above exercise at the edge of a counter top i.e. kitchen counter.
Shoulder Girdle Stabilization with Elevation:

Starting Position:
- Lying on back with elbows tucked into side and bent at 90 degrees.
- Hold ends of band in each hand, slightly pulling outwards against band (palms face each other).

Action:
- Lift elbows forward and up maintaining outward pull on band.

Hold 5 seconds, Repeat 10 times.

Starting Position:
- Stand with back against wall and stomach muscles tight.
- Elbows tucked into side and bent at 90 degrees.
- Hold ends of band in each hand, slightly pulling outwards against band (palms face each other).

Action:
- Squeeze shoulder blades in and down.
- Lift elbows forward and up maintaining outward pull on band.

Keep elbows pointing forward. Only lift to shoulder height.

Progression:
- Standing with feet slightly away from wall.
- Repeat above exercise while doing a 1/4 squat.
- Keep trunk straight (chest up) and buttocks out.
- Knees are NOT ahead of toes.

Hold 5 seconds, Repeat 10 times.
Serratus Anterior Muscle Strengthening:

Start Position:
- Sit on a chair with a towel roll at low back.
- Rest straight arms on a table in front of you.

Action:
- Slide arms on the table to reach ahead, keeping your back against the chair.
- Do not shrug your shoulders.
  Hold 5 seconds, Repeat 10 times.

Triceps Pull Downs:

Start Position:
- Arms straight with hands at shoulder level.

Action:
- Straighten arms in front of you to pull on band.
- Slowly return to start position.
  Hold 5 seconds, Repeat 10 times.

Biceps Muscle Strengthening:

Either hold band in both hands or
- Stand on one end of band with your foot while holding other end of band in operated hand.

Hold 5 seconds, Repeat 10 times.

Operated Arm

Hold band in each hand:
- Pull band down to straighten elbow of operated arm while other hand stays up.
- Slowly return to start position.
  Hold 5 seconds, Repeat 10 times.
These exercises are designed to improve the coordination between your arm muscles and your shoulder blade muscles. Avoid strenuous hyperextension (moving your arms backwards) by limiting your movement to neutral position (in line with your body).

**Rowing:**

***Squeeze shoulder blades at all times***

***Do not move elbows behind your body***

- Place band around doorknob. Hold band in each hand, palms face each other.
- Squat with knees never ahead of toes, tighten stomach muscles.
- Squeeze shoulder blades together by pulling band apart while moving elbows backwards to be in line and close with the body.
- Slowly return to start position.

Hold 5 seconds, Repeat 10 times.

**Lats/ Pull Downs:**

***Squeeze shoulder blades at all times***

Start Position:

- Place band over top of door and hold on to the band with a firm grip with each hand.
- Face the door with your feet shoulder width apart, in a squat position (make sure your knees do not go ahead of toes).
- Tighten stomach muscles.

Progression:

***Do not move elbows behind your body***

- Pull down the band, while tightening up stomach muscles to maintain the squat position.
- Keep your arms out to the side and pull down with the elbows in a 90 degree angle, while maintaining the squat position.
- Elbows move down to be in line with the body.
- Slowly bring arms back up into the starting position.

Hold 5 seconds, Repeat 10 times.
Advanced Shoulder Girdle Stabilization with Elevation:
Isometric External Rotation with Shoulder Flex. 0 to 180°
- Progress to this exercise once previous ones are easier

(A) Starting Position:
- Hold ends of **band** in each hand, slightly pulling outwards against band (**palms face each other**).

(B)
- Raise operated arm (elbow bent) up to shoulder height while maintaining outward pull on band with both hands and other hand stays lower (on a diagonal)
- **Always** keep elbows in (close to body) and keep squeezing shoulder blades

(C)
- Straighten operated arm up near side of head, thumb points away from you, while other hand maintains tension on band (other hand remains lower on a diagonal and can move up as needed to release some of the tension).

Hold 5 seconds. Repeat 10x.

If you are planning returning to sports, you will need to be instructed in plyometric exercise by your physiotherapist; i.e.: throwing a ball.