



## Rehab Protocol for Shoulder Impingement Surgery

**Physical Therapy:** Vital to your recovery of good shoulder function is a graduated activity and exercise program to increase muscle strength and motion. You will begin simple exercises the day of surgery. Your physical therapy will begin 3-4 days after surgery. The physical therapist will guide you in your shoulder rehabilitation program. It is very important for you to start therapy when recommended.

To avoid complications, postoperative follow up appointments with your physician are also required to monitor your progress. Blood clots are rare after shoulder surgery. Patients should be up and walking as soon as comfortable. Leg and foot motion is encouraged several times during each day and they should be done every day for the first 3-6 weeks post-op to maintain blood flow and help prevent blood clots.

### Day 1: The Day of Surgery

You will start exercises in the recovery room. When home, maintain dressing. You may add 4x4 bandages if needed for drainage through dressing. Apply ice pack for 20 minute periods throughout the day. Take care to avoid ice for too long. Prolonged ice to the skin can cause frost bite.

Move your fingers and wrist often. Expect some swelling. If the color of your arm or hand changes, or sensation changes notify the hospital. Start *pendulum* and *wall walk* (see list) exercises tonight.

\*\* Most patients find sleeping semi-upright is more comfortable the first few days after shoulder surgery. A reclining chair is often most comfortable.

## **DAY 2: The Day after Surgery**

The same as day 1.

## **DAY 3: (48 hours post-operatively)**

Resume same activities as the surgical day: use ice for 20 min. periods as needed. Continue gripping exercises, and be sure to move your wrist and fingers frequently. Take your dressing off and shower today. In the shower; support the affected arm with the opposite hand. In the shower; begin to flex and extend your elbow. You should move the arm freely in the shower. You may wash under the arm, but do not use a large amount of soap. Too much soap may dry out the skin and cause a rash. After your shower, dry the shoulder well and place Band-aids over incisions. Physical therapy usually begins today. It is a key part of your post op care. Continue the therapy program, each week they will be adding to your home program based on your individual progress

\*\*Now, your arm sling is for comfort only, use it only as needed and when in a crowded place (this will warn people to avoid your injured area). Do your elbow, wrist, and hand exercises at least two other times each day – 15 Reps.

## **DAY 4 – 10:**

Change Band-aids daily or as needed. Maintain sling use for comfort. Continue with exercises as directed. Add ***Biceps curls*** and increase the circle size when doing the ***Pendulum*** exercises.

## **DAY 7 – 10:**

Visit with the doctor. Further instructions will be given to continue your rehabilitation and recovery. Depending on what type of surgery you had and you own recovery rate, physical therapy will start 3 days after surgery.

## **EXERCISES: *Do three times each day as directed***

### **Elbow Range of Motion**

The palm should be turned inward, towards your stomach.

Flex and extend the elbow as comfort allows. This will decrease pain and prevent elbow stiffness.

### **Grip Strengthening**

Use a sponge, when in the shower, let it fill up with water and squeeze. Do 3-5 sets of 20 repetitions. When not in the shower, use a grip strengthener or small rubber ball.

### **Wrist Range of Motion**

Roll your wrist in circles for 30 seconds after each round of grip exercises.

### **Pendulum Exercises**

Holding the side of a table with your good arm, bend over at the waist, and let the affected arm hang down. Swing the arm back and forth like a pendulum. Then in small circles and slowly make them larger. Do this for a minute or two at a time, rest, then repeat, for a total of 5 minutes, 3 times a day.

### **Wall Walking**

Stand facing a blank wall, with your feet about 12 inches away. “Walk” the fingers of the affected hand up the wall as high as comfort allows. Mark the spot and try to go higher next time. Do at least 10 repetitions, 3 times per day. Also do these exercise sideways, with the affected side facing the wall.

### **Biceps Curl**

Using a small can of soup to start, curl the arm up and down 12 times. Rest for one minute and repeat for a total of 3 sets of 12. Increase can size as comfort allows.

## **Acromioplasty/Mumford Recovery Plan**

**Diet:** You may resume a **regular diet** when you return home. Most patients start with tea or broth adding crackers or toast, then a non-spicy sandwich. If you become nauseated, check to see if one of your medications is upsetting your stomach, most narcotics can. If your stomach feels acidic, try **Tums, Zantac** or **Pepcid** to settle it and drink some clear liquids.

**Lungs:** After surgery you are encouraged to **deep breathe** and cough frequently (at least 3-4 times per day). This will reduce mucous from building up in your lungs, and will reduce the risk of developing a post anesthetic pneumonia.

**Pain Control:** Take medication as prescribed by Mr. M Shah.

**Sling:** It is recommended that patients wear the sling when going out for the next 3 weeks. .This will help to alert others to avoid the affected arm during this healing period.

**Driving:** Patient cannot drive until they are off all pain medications, completely out of the sling, and can easily place hands at 12:00 position on the steering wheel and can move hands freely from the 9:00 – 3:00 position.

**Returning to Work:** **Most** patients performing sedentary or low demand work can return to work within 7 to 10 days. They will still have restrictions on lifting (usually 5 lbs), repetitive and overhead use. Patients performing medium work that may require some light lifting may return in about 3-4 weeks. Patients with higher demand occupations with infrequent repetitive arm use will need at least 6-8 weeks. Heavy laborers or those with frequent repetitive or overhead work (as in manufacturing or construction) will need a minimum of 3-4 months and then a work conditioning program prior to returning to work.

**NB:** Most patients see 80% of their improvement by 4 months with the remainder occurring over the first year after surgery.

**Airline Flights:** Patients may fly 2-3 weeks after surgery on short flights (up to 2 hours) but in general, should wait 6-8 weeks for longer flights. You should get up and walk frequently to avoid blood clots and take an aspirin (unless allergic).

## **Blood Clots:**

*Patients at high risk for blood clots include:*

- Those with long car or train commutes
- May be overweight
- Have a history of having cancer
- Females on birth control pills
- Males over the age of 40

*These patients should be taking 1 aspirin per day for 6 weeks after surgery unless allergic to aspirin.*

### **Contact Hospital if:**

- \*You develop excessive, prolonged nausea or vomiting**
- \*You develop a fever above 101.**
- \*You develop any type of rash.**
- \*You experience calf pain.**

**Orthopaedic and Sports Injuries Services "OASIS"**

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