

Protocol for Shoulder Rehabilitation

Shoulder Stabilisation (Bankart Repair)

Phase 1: First 3 weeks

Wound care as outlined on the Shoulder Arthroscopy Rehabilitation page

If the operation has been performed through a larger incision this will have a dissolving stitch.

You will wake up with a sling on. It is important that this is worn at all times.

You may remove the sling for washing but keep your hand against your stomach

Keep moving your hand to keep your wrist from becoming stiff

Take your hand out of the sling and straighten the elbow regularly to prevent the elbow from becoming stiff. When doing this start with the palm on the stomach then straighten the elbow so that the palm rests on the front of the thigh.

Phase 2: 3-6 weeks

You will be seen in the clinic at 3 weeks

At 3 weeks you can leave the sling off during the day (within the limits below)

Continue to wear the sling at night

Start working on forward elevation (lift the arm to the front)

Use the good arm to raise the operated arm above head height as far as comfort allows. Gently lower the arm again. Repeat 10 times 3 times a day. The aim of this is to keep the shoulder from getting too stiff, not to achieve great amounts of motion.



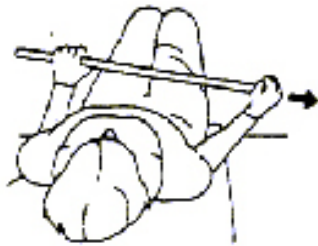
Active external rotation to neutral (handshake position) *NO Further than this until 6 weeks*

Aim: Forward elevation to horizontal by 6 weeks

Phase 3: 6-12 weeks

You can remove the sling at night at 6 weeks

Physiotherapy should start at this stage



Start working on external rotation beyond neutral

This exercise is usually easier sitting up. Use the good arm and a stick to push the operated hand away from the body. Repeat 10 times.

Aim: External rotation 50% other side by 12 weeks

Start exercises for range of motion as described on the Physio instruction pages 1 & 2

Start rotator cuff strengthening exercises as described on Physio instruction pages 3 & 4

Phase 4: 12-16 weeks

You will be seen in the clinic at 12 weeks

Continue working on forward flexion, abduction and external rotation

Start training for sport e.g. over-arm throwing

If you have regained most of your motion you will be discharged at this stage

Phase 5: 16+ weeks

You may be seen in the clinic at 16 weeks

If you have higher demands of the shoulder (i.e. specific sports demands (throwing, swimming etc)) you will be started on sports specific training.

Possible return to contact sports at 6 months

Postoperative Instructions for Shoulder Arthroscopy

You can eat and drink when you feel able to

Apply ice to the shoulder for 4 days or until the swelling subsides.

First put a towel or cloth over the area. Place an ice pack over the towel for 15 minutes then remove it for 5 minutes and repeat. **DO NOT APPLY ICE DIRECTLY TO THE SKIN and DO NOT LEAVE THE ICE PACK ON FOR LONGER THAN 15 MINUTES AT A TIME.** If you do there is a risk of skin necrosis (frostbite).

You will have been given a sling or immobiliser. Follow the specific instructions for its use.

Whilst you are using the sling keep moving the fingers and wrist to reduce swelling.

There may be some bleeding from the incisions for the first 24 hours. If this persists longer than 48 hours contact the doctor.

The shoulder will be numb after the operation and this may extend as far as the hand. Usually this wears off by 24 hours. Contact the doctor if this persists longer than 48 hours.

After 24 hours remove the dressings and apply elastoplasts to the wounds.

You may shower after 3 days. Do not soak the wounds in the bath.

You will be seen 2-3 weeks after the operation to examine the wounds and discuss the results and the rehabilitation programme. If any stitches need to be removed it will be done at this time.