



GUIDELINES FOR THE FIRST 2 WEEKS AFTER SHOULDER SURGERY

This shoulder rehab education is brought to you by Physiotherapists at Perth Sports Physio in collaboration with Mr. Angus Keogh from Perth Upper Limb Surgery.

DO'S

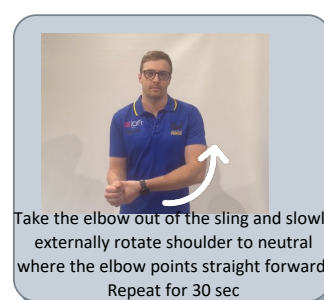
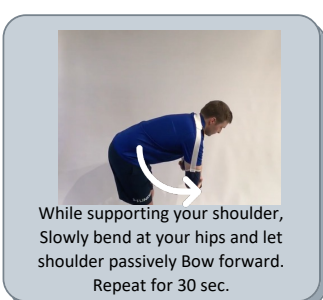
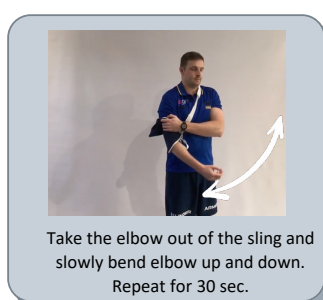
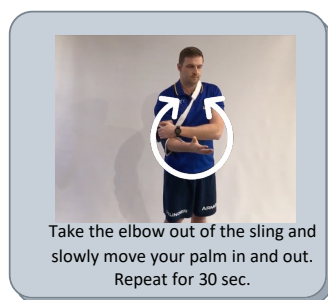
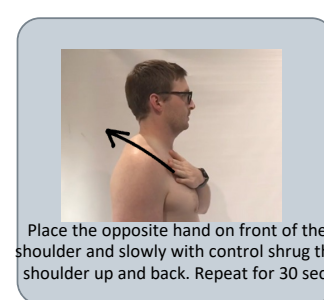
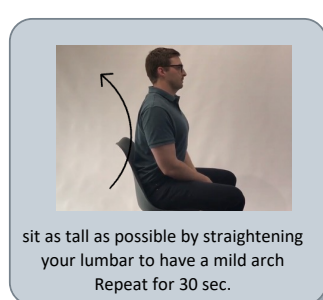
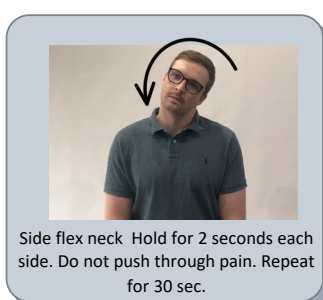
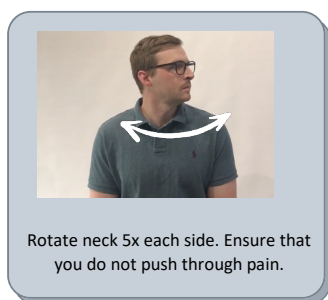
- Do keep your arm in the sling except when doing rehabilitation exercises.
- Do wear the sling in an upright position with your shoulders slightly back.
- Do use ice packs for pain relief and to reduce swelling. Ice 15 mins on 15mins off, 3-4x/day. (Including after set exercises)
- Take pain killers to reduce pain. Expect swelling and discomfort.
- If you experience severe pain, numbness or tingling in your hand, Do contact your doctor immediately. They will be able to advise you of the next steps.
- Keep wounds clean, dry, and covered for 2 weeks or until its completely healed.
- Perform exercises 2-3 times a day. Your physiotherapist will advise you further.
- Do Rest, let your body heal and catch up on Netflix

DONT'S

- Do not put weight through your arm or lift anything. Shoulder exercises must be passive.
- Do not lift heavily or perform fast movements with the other arm.
- Do not try to reach above or behind you. It is important to always keep your arm (mainly your upper arm) close to your side post op.
- Do not lie on the operated side for a minimum of six weeks. Keep your sling on and try using pillows in different positions to support your arm so that you are comfortable and relaxed.
- Do not drive until it is safe to do so. It is not safe to drive whilst wearing a sling.

EXERCISES WEEK 0-2

All exercises performed should be within pain and comfort.



Please see the link <https://perthsportsphysio.com/anguskeogh/> for Phase 1 Rehab Weeks 0-2

If you require Physiotherapy input to assess your range and strength to continue your treatment plan our details are below.