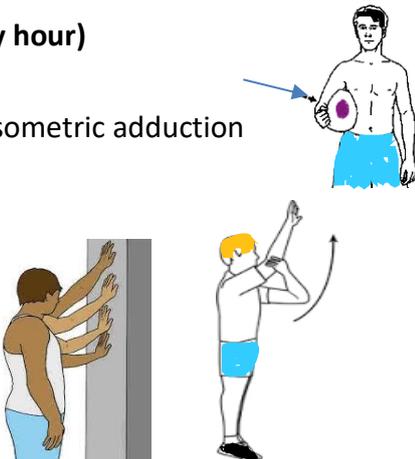
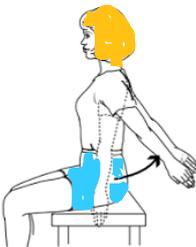


SHOULDER SURGERY-ARTHROSCOPIC AND OTHER

- Sling all the time Can remove for exercise
 Limit abduction to 20°, ER to neutral. (Used for some cuff repairs and stabilization)

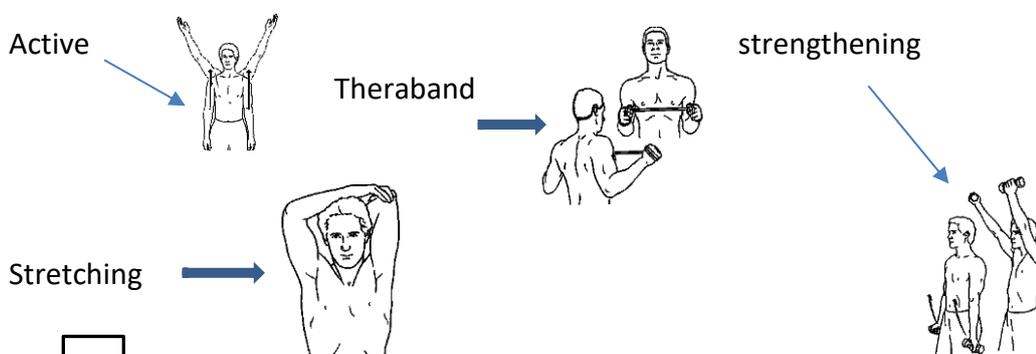
Immediate exercises (repeat 5 – 10min every hour)

- 1) Pendular 
- 2) Isometric adduction  (against chest/pillow)
- 3) Assisted forward flexion-2 examples:-

- 4) Extension stretches 

Increase passive assisted exercises at weeks (pulleys/ropes), over a door or over a hook.

Later exercises – 6 weeks



Driving allowed at weeks

See me at 2 weeks and further exercises and or restrictions will be discussed