

# Hemi arthroplasty

## Shoulder Rehabilitation

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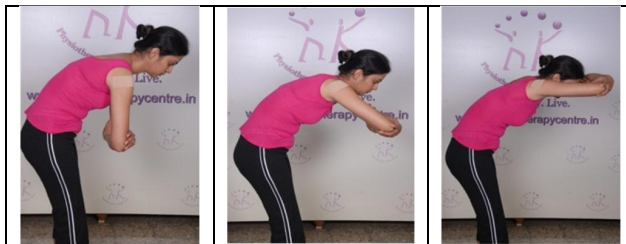
### General guidelines for doing the exercises

- Each exercise to be done about 10-12 times
- Do the exercise twice a day
- If you develop pain while doing the exercise use ice pack on shoulder for 10 min
- Attend your physiotherapy sessions regularly so that he can help you with the exercise
- If you develop any abnormal swelling, pain or fever contact your doctor as soon as possible
- Remember you make take about 6 weeks to 12 weeks to recover your shoulder movements and strength
- Read the exercise protocol carefully and consult your physio if you have and doubts

### Stage 1. Post operative period:

#### Day 1 – day 15:

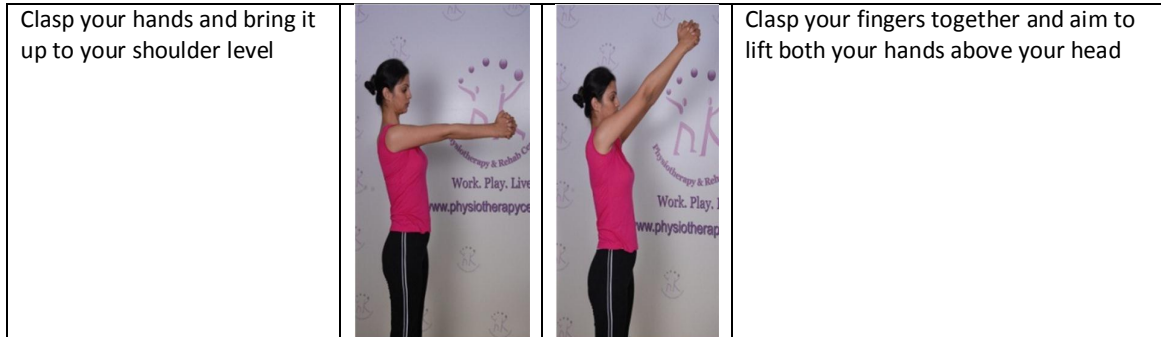
- Your shoulder will be in the arm pouch sling remove the arm pouch sling when you are doing the exercise
- Make a fist and open your hands
- Move your wrist up and down
- Rotate your wrist in clock wise and anti clock wise direction
- With the support of your other hand bend and straighten your elbow
- With the support of your good hand lift your hand up to the level of your shoulders and down see the picture shown below



Shoulder shrugs: lift your shoulders up and down

## Day 15 to day 30

Along with the above exercises do the exercises shown below:



**Precaution: Avoid any movements causing external rotation of the shoulder till you finish 45 days after surgery**

## Day 30 to day 45:

You can discontinue wearing the sling most of the time you may require to use the sling while travelling and other activities.

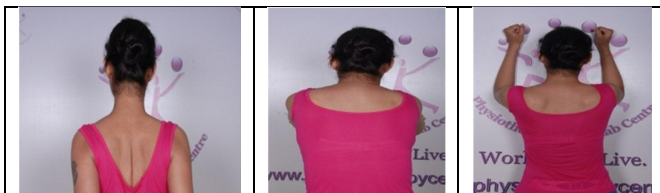
You may now start to use your hand for certain basic activities like eating, dressing up with out support, combing hair, bathing without support.

Now you should be able to lift your hand with out support Exercises like wall climbing can be done as shown below



You can also try to bring your shoulder to neutral position and aim to achieve external rotation

Scapular Stability exercises can be started as shown in the picture



The goals at 45 days post surgery should be Independent in most of the activities of daily living

Range of motion of the shoulder expected:-

Flexion: 0-120 or more: Abduction and elevation: 0-120 or more: External rotation 0-30 degrees or more

45 days after the surgery:

The shoulder should be used normally all the exercise should be continued for a minimum of three months to achieve the maximum possible ROM

To achieve further ROM *pendulum exercises and free swinging exercises* can be done as shown

Swing your arms front and back, left and right make sure you maintain a uniform rhythm when you are doing these exercises



### Strength training

*Strength training is a very important aspect of your rehabilitation it is generally started after about 45 days after your surgery your physiotherapist will be able to guide you as on when you should be starting on the same. Strength training of your shoulder can be done usually by using elastic resistance (Exercise Band) your hospital pharmacy/physiotherapist will supply you with one you will start with the least resistance (yellow) and progress up. You may also do the exercise with a 250gms of wrist weight cuffs.*

*Some of the exercise you can do with the elastic resistance is shown here*



shoulder abduction





shoulder external rotation



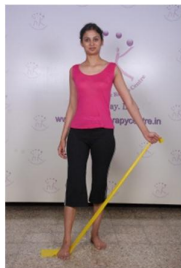
over head abduction



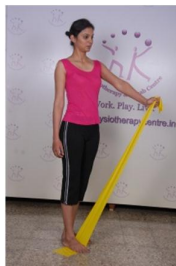
scapular retraction



internal rotation



shoulder abduction



shoulder flexion and elbow flexion

Please Note: The illustrated exercises are only for patient education purposes, your physiotherapist will be able to design an individual exercise programme in consultation with your operating surgeon. No part of this document should be modified and is the property of Physiotherapy and Rehab centre

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