NHS
The Robert Jones and Agnes Hunt
Orthopaedic Hospital
NHS Foundation Trust

# Personal Exercise Programme

## Shoulder Stabilisation–Bankart/Latarjet

### Post Op Advice:

- Following your Shoulder Stabilisation you should wear your sling for approximately 3 to 6 weeks before gradually weaning under advice of your consultant or physiotherapist.
- Once the nerve block has worn off, your sling can be removed for washing, dressing, and exercises only, ensuring your arm remains supported. You may also remove your sling when sitting, as long as your arm is well supported on a pillow.
- The exercises in this leaflet can be started as soon as the nerve block has worn off. In order to protect the stabilisation, for the next 3 to 6 weeks:
  - **All shoulder movements should be supported for the first 3 weeks.**
  - **Avoid any overhead movements beyond shoulder height for 6 weeks.**
  - **Avoid movements behind your back for 3 weeks.**
  - **After a Latarjet procedure, avoid bending your elbow when lifting, pushing, or pulling for 6 weeks.**
- Take your pain relief as prescribed. You can also use ice to help reduce pain and swelling over the area of your surgery.
- Ice therapy should only be started once the nerve block has worn off. Do not put ice directly onto your skin. Use an ice or cold pack for up to 20 minutes at a time, up to 4 times a day. Wait at least 2 hours before using ice again
- You should have a physiotherapy appointment in your local area 1-2 weeks after your surgery.
- You may be able to drive again after 3–6 weeks. Only start driving when you feel safe and can control the car. We also recommend checking with your car insurance company before you drive again.

### Specific Post-op Instructions:

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## Exercises:

**Repeat each exercise 10-15 times, 2-3 times a day**



### Hand Wrist and Finger Movements

- Keep your hand and wrist moving.
- Make a fist and then straighten out your fingers.
- Move your wrist in all directions.



### Elbow Pronation/Supination

- Sitting or standing with your elbows by your side.
- Turn your palms up and then down.



### Head Turns

- Sitting or standing
- Gently turn your head to one side until you feel a stretch then turn to the other side.



## Active Assisted Elbow Bends

- Sitting or standing with your arm supported.
- Use your opposite hand to assist in bending your elbow, bringing your hand towards your shoulder.
- Hold the position for a few seconds before slowly lowering it back down.
- Sitting or standing with your arm supported.
- Use your opposite hand to help straighten your elbow, pushing gently until you feel a stretch.
- Hold for a few seconds before returning to the starting position.



## Shoulder Rolls

- In sitting or standing gently roll your shoulders forwards and backwards.
- Try and relax your shoulder and neck muscles.



## Table Walk Aways

- Standing facing a table or the back of a chair. Gently rest your hands on the surface.
- Take a few small steps back so your arm straightens out in front of you. Keep your arm below shoulder height.
- This can also be a safe position for washing while supporting your arm.

**Your physiotherapy post-operative guidelines can be found here:**
www.rjah.nhs.uk/health-professionals/physiotherapy-post-operative-guidelines

## How Did We Do Today?

- Please share your feedback using the MyRecovery App.
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