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

Personal Exercise Programme

SAD and/or ACJ Excision

Post Op Advice:

- Following your shoulder surgery the sling is mainly for comfort.
- Once the nerve block has worn off, you can begin removing the sling for increasing periods of time. Aim to stop using the sling completely in 2-3 days, or as soon as it is comfortable to do so.
- The exercises in this leaflet can be started as soon as the nerve block has worn off. For the first 3 weeks, focus on getting your shoulder moving through its full range. Avoid heavy lifting during this time. Do not push the exercises too hard, especially overhead, as this may increase pain and slow down healing.
- 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 1–2 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.



Elbow Bends

– Sitting or standing.
– Bend and straighten your elbow.



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.



Shoulder Rolls

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



Table Slides

- Sit on a chair near a table and place your hands on a table, with a towel under your hands and forearms resting on the table.
- Slide your hands along the table, gently reaching your arms forward. Then slide back to starting position.

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

How Did We Do Today?

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