



# Posterior Shoulder Stabilisation

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## What is the rotator cuff?

The shoulder joint is made up of the head of the humerus (the ball) and the glenoid labrum of the scapula (socket). It is the most mobile joint in the body, and these movements are controlled by the number of muscles and tendons that sit around the joint. The 4 main muscles that stabilise this joint are called the rotator cuff. There is also a joint capsule that sits all around the shoulder joint, and this provides the fluid needed for smooth movement

## What happens during my surgery?

This surgery involves tightening and/or repairing the damaged ligaments, capsule and cartilage of your shoulder. The operation will be performed under general anaesthetic through an open incision at the back of your shoulder. The aim of the surgery is restore stability at your shoulder and prevent any further dislocations.

## What should I expect after my surgery?

### Sling

Your sling is essential to protect your repair. You must wear your sling for ..... weeks as advised by your physiotherapist. This must be worn continuously day and night. The sling can be removed only to do your exercises and to wash and dress. Information regarding application of your sling is available from nursing staff.

### Pain relief

A nerve block is sometimes used during surgery which means your limb may feel numb immediately after your operation. It is normal to feel some pain as the block wears off and you will be provided with some painkillers to help with this. It is important to take these as prescribed to keep pain to a minimum.

### Ice

Ice can be helpful to reduce pain/swelling. Protect your dressings from getting wet with a plastic bag. Wrap a bag of ice/frozen peas in a

damp towel and apply for 10-15 minutes. This can be repeated every 3-4 hours.

## Wound care

Your wounds will need to be kept clean and dry. The nursing staff will provide you with more information about wound care on discharge.

## Driving and work

You must not drive whilst wearing your sling. Please discuss this with your Consultant or Physiotherapist. When you can return to work will depend on what job you do. Your physiotherapist or consultant will be able to advise you on this.

## Leisure

Return to previous sport will depend on the particular activity, your strength and movement. Please discuss this with your Consultant or Physiotherapist before returning to the activity.

## Rehabilitation

Outpatient physiotherapy will normally be commenced between 3 to 6 weeks after surgery. This should be organised before you are discharged. Rehabilitation is essential if you are going to get the most out of your shoulder operation and regain function. It is essential that you complete your exercises as instructed by your physiotherapist.

## How quickly will I get back to normal?

Whilst your shoulder is in the sling you will be more or less one handed for all activities of daily living. Once out of your sling, you will be able to use your arm more as advised by your physiotherapist. Remember, your shoulder will take approximately 4 to 6 months to significantly improve, with improvement continuing for up to 12 months.

If you have any questions or need any advice about your exercises then please contact the Physiotherapy Department between 8am - 4pm Monday to Friday on 0121 685 4120.

## Posterior Shoulder Stabilisation

### Personal Exercise Program

#### Posterior Shoulder Stabilisation



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Sit. Place your hand on the front of the opposite shoulder. Feel your shoulder with your fingers making sure that the shoulder does not come forward.

Squeeze your shoulder blades and move your shoulder gently back into the shoulder socket (small movement).

Hold   5   seconds.

Repeat   10   times.

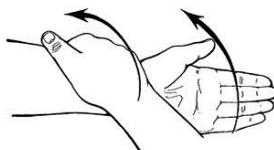


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Stand.

Bend and straighten your elbow, assist the movement with your good arm if needed.

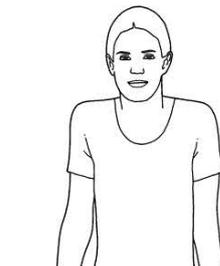
Repeat   10   times.



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Keeping your elbow still turn the palm of your hand up towards the ceiling and then down towards the floor.

Repeat   10   times.



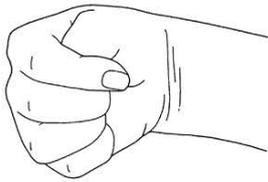
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Sit or stand.

Lift your shoulders - relax.

Repeat   10   times.

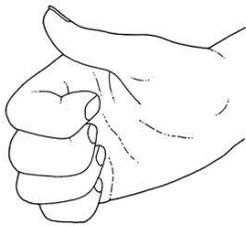
## Posterior Shoulder Stabilisation



Ensure you keep your wrist moving. Bend and straighten your wrist and rotate it in circles.

Repeat 10 times.

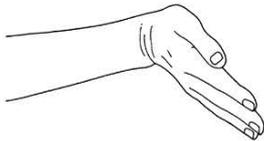
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Make a fist and straighten your fingers as much as possible.

Repeat 10 times.

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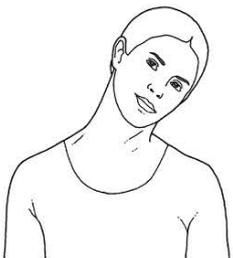


Forearm supported on a table.

Bend and straighten your wrist keeping your fingers straight throughout the exercise.

Repeat 10 times.

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Ensure you keep your neck moving in all directions.

Repeat 10 times in each direction.

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