

POST OPERATIVE INFORMATION & EXERCISES AFTER SHOULDER SURGERY

Biceps Tenodesis

INFORMATION:

The success of your operation depends to a large extent on the aftercare.

- Always wear the sling for **4** weeks after surgery. SLEEP with it too. The sling only comes off when washing, showering and dressing. If you just sit and rest, the sling can be loosened while the arm rests on the chair's armrest next to you. NEVER walk around without the sling. The muscles can be damaged if you fall or stumble and involuntarily jerk or lift the arm. When standing in the shower, keep the elbow bent with the operated arm supported.
- Do not sleep / or turn on the operated shoulder. Place a thin soft pillow lengthwise underneath the operated elbow for the first few days when lying on your back (optional). Sleep with the arm in the sling in a RELAXED position, i.e. the sling is still fastened but slightly looser so that the elbow rests on the bed or a thin pillow. The shoulder should NOT be elevated, or pulled up to the neck, but completely relaxed on the bed. Hand rests on the cushion, elbow in 90 ° position. You may, however, sleep and lie on the healthy side with a pillow inserted between the arm and the body.
- You may not use the operated arm for any other activity for **4** weeks except for the **PRESCRIBED EXERCISES**. You may not drive, knit, with the arm, etc. You may not lift your arm (ACTIVE) from the body in any direction (forward / sideways / rotate) for 4 weeks, nor actively use the shoulder muscles in any way or carry anything. You may use the HAND while the arm is in the sling (e.g. writing, tapping on phone, stress ball).



- When getting dressed (shirt/blouse with buttons works best): Bend forward and relax the operated arm to straighten the elbow. Pull the sleeve over the operated arm FIRST, bend operated arm with the support of the other arm, stand up straight and then pull the other sleeve of the shirt over the normal arm. To undress, remove the sleeve of the operated arm LAST.
- Dressing and handling the sling on your own or with help, can also be done when standing, while supporting the operated arm and hand on a (chest height) flat surface/table, (sling position). Washing, drying under the operated arm, can be done in this position, and is made easy by moving your body away from your arm, while keeping the arm still and supported on the table.

IN THIS POSITION IT IS EASY:

- to remove the sling
- wash and dry under the arm
- take off a shirt
- insert a pillow under the arm,

- Place a thin pillow or folded towel between the operated arm and body (under the sling) at all times.
 - **ICE/HEAT:**
Day 1-3, place icepack on shoulder for 20 min, followed by heat for 20 min. 3 x /day.
Day 4 → use heat pack as needed
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HOME EXERCISES:

All exercises must be done 3x a day - 10x each.

You may ONLY do the following exercises on your own at home and/or with your physiotherapist for 4 weeks.

1. LYING DOWN EXERCISES:

Loosen the sling. Lie with elbow supported on a thin pillow. **Keep the elbow on the bed!**

- Slide hand slowly down body, straighten elbow, put hand on bed next to side.
- Pump exercises by hand. Turn the wrist up and down and around.
- Straight arm next to side: Turn hand with palm up and down. (hand rotation)
- Slowly bend elbow (hand to chest) and straighten again. - Put hand on chest and KEEP elbow bent and **SUPPORTED ON BED:**

Put fist of healthy hand in the operated arm's palm (pen/ stick can also be used). Push with healthy arm and rotate operated arm slowly outwards/upwards and sideways to FULL ROM / AS FAR AS YOU CAN and then back to chest.

The operated arm remains **relaxed** at all times (this is a passive stretch exercise to loosen shoulder joint and prevent a frozen shoulder).

2. NECK & SHOULDER EXERCISES: (with sling). In sitting or standing position.

- Move head forward / backward / chin in → chin up.
- Bend head sideways to shoulder - stretch for 5 seconds and relax. Repeat on the other side.
- Turn head to the left and right as far as possible.
- Pull shoulder blades together as if you would pinch a pen between the two shoulder blades. Keep your shoulder down. Then pull shoulders forward, pull chest and chin in, and stretch shoulder blade muscles.
- Pull both shoulders all the way up to ears and then down so that both shoulders are completely relaxed.

■ **ALWAYS KEEP SHOULDER DOWN AND RELAXED IN THE SLING! Walk upright** ■

3. TABLE EXERCISES:

STAND With Operated Arm (palm and elbow) Supported and Relaxed on a chest height table/counter.

Loosen the sling. Do the following PASSIVE STRETCHING EXERCISES:

- a. Face your arm - slowly step back, move chest and hips away from the table. Keep hand and elbow on the table. Drop head to hand. Stretch to open the armpit and release the shoulder joint, to FULL ROM POSITION (as far as possible). Move back to the table with the body. Repeat 10x
- b. Turn slowly, keeping bent arm relaxed on the counter and move sideways with hips away from the table so that body moves away and opens shoulder joint until arm forms a 90 ° ++ angle with body. (as far as possible / FULL ROM). Move back to the table with the hips. Repeat 10x

4. PENDULUM EXERCISES

Stand - loosen the sling. Bend forward and sideways and let the arm hang relaxed. Straighten your elbow completely and extend your fingers to almost touch the floor. Move the wrist around and rotate the forearm to firstly loosen the muscles.

Then gently swing the arm (shoulder) clockwise and anticlockwise making SMALL circles. This exercise can also be done with both arms. For enquiries or uncertainties - please call (012) 335 7979



TAKE A "BREAK"

Place and support operated arm on a cushion on a table or chair's armrest. Loosen the sling (Do not take it off.) Now sit down so that the arm is in a 45 ° - 80 ° position, resting next to the body. Relax the shoulder completely. This way you can sit for quite a while so that the arm can get used to the position, the shoulder does not become stiff and skin irritation is reduced.



- Make an appointment with your doctor **4** weeks after the surgery date.
- Also make an appointment at the rooms of LINDA PEACH PHYSIOTHERAPISTS, on the same ■ date & place where you will visit Dr. Peach for your **4** week follow up.
- You will then receive a **NEW** rehabilitation and follow-up exercise program, which you and your physiotherapist will continue with for a further 6 weeks.
- The purchase of a yellow exercise band and pulley, 4 weeks post operative is recommended. It is available from the physiotherapist at R _____.
- Physiotherapy is recommended for a total of 3 months after your surgery to achieve complete mobility and muscle strength.
- **Do not lift** heavy objects ($\geq 1\text{kg}$) with the operated arm for 3 months.
- The patients is responsible for doing the PRESCRIBED exercises on a daily basis to prevent stiffness. Regular physiotherapy is required where there is uncertainty about the correct execution of exercises. Visit your physiotherapist after _____.

NOTES TO THE PHYSIOTHERAPIST:

Week 1-4: ONLY prescribed exercises as shown on page 3 of this information sheet that have been demonstrated and done in hospital. Passive Flexion ROM = FULL; Passive Abduction ROM = FULL;

Passive External Rotation = FULL ROM. **Only passive ROM for 4 weeks.**

Week 5- 12: New controlled active-assisted and active exercises as prescribed by the surgeon/physiotherapist. See follow-up exercise program that patient receives at 4 weeks. **Full ROM.**

No gym / weights. (Only prescribed short lever exercises for 12 weeks)
