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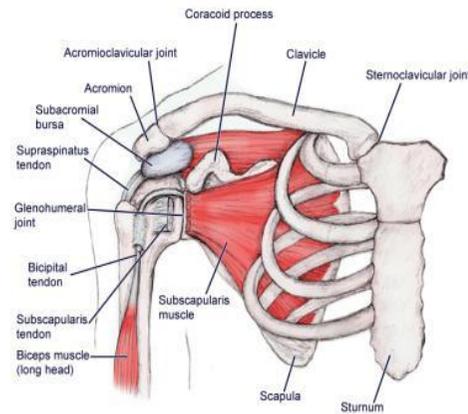
Client Name: _____

Next Appointment: _____

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ACROMION ARTHROPLASTY



The Shoulder Complex

1. Glenohumeral joint (GHJ)
2. Acromioclavicular joint (ACJ)
3. Sternooclavicular joint (SCJ)
4. Scapulothoracic joint (STJ)

Complications of surgery

Wound infection, Deep vein thrombosis and Pulmonary embolism. Ask your therapist to help prevent these complications.

Before Surgery

Admitted to the ward. Nursing staff will fill out a questionnaire. Patient will be visited by the Anaesthetist, Physiotherapist and Surgeon. Exercise is a crucial element of both preoperative conditioning and postoperative healing. A muscle's natural state is motion, and a lack of motion will shrink the size of the tissue. Muscles may lose as much as thirty percent of their bulk in one week's work inactivity. The more strength you have before surgery, the speedier your recovery is likely to be. We urge you to try to preserve your aerobic fitness as part of your preparation. Fitness helps the heart, lungs and losing weight by burning calories and fat. Combine your aerobic exercise with a healthful diet. Don't force your body to follow regular exercise regimen if your body is in severe pain.

After Surgery

Try not to be discouraged if you discover that you feel less fit and have less range of motion than you did. Remember the time you've needed to rest, and that inactivity causes weakness. Slowly and steadily, you can regain the ground you've lost if you keep up with your modified exercise regimen. Make sure you understand how much time you will have to allow for full recovery. Be sure to ask about special restrictions that may apply.

Exercises

You may begin an exercise regimen on day 1 after the surgery to improve circulation.

Circulation drills:

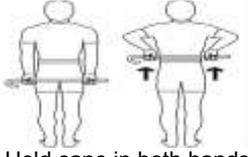
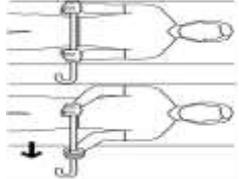
1. Open and close your fingers. Repeat 10 times.
2. Bend and straighten your elbow. Repeat 10 times
3. Turn your hand that the palm is facing the ceiling and then turn it around to face the floor. Repeat 10 times.

Shoulder Exercises - Acromion Arthroplasty

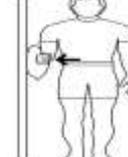
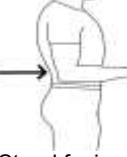
Pendulum Exercises Time Period:

	<p>Stand with your good arm leaning on the table and bend forward. The operated arm is in the hanging position. Repeat the movements 10 times.</p>		<p><u>Movements:</u></p> <ol style="list-style-type: none"> 1. Clockwise circles 2. Anti - clockwise circles 3. Arm forward and backward 4. Arm from side to side
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Mobility Exercises Time Period:

 <ul style="list-style-type: none"> • Lie on back with arms at side, holding cane. • Lift arms up using uninvolvement arm to help involved arm. • Keep elbows straight. • Lower and repeat. 	 <ul style="list-style-type: none"> • Hold cane in both hands behind back. • Lift cane up your back by bending elbows. • Uninvolved arm helps to assist involved arm. 	 <ul style="list-style-type: none"> • Lie on back with arms at side, elbows bent. • Hold cane in hands • Move arm away from body, pushing the cane 	 <ul style="list-style-type: none"> • Place involved arm behind back • Hold other arm over shoulder with towel • Slowly pull upward with uninvolvement arm until a gentle stretch is felt.
 <ul style="list-style-type: none"> • Attach pulley to secure object. • Hold handles in each hand. • Pull down with uninvolvement arm, raising involved arm 	 <ul style="list-style-type: none"> • Grasp hands behind back. • Move arms backward until stretch is felt across front of chest and shoulders. 	 <ul style="list-style-type: none"> • Hold cane in both hands, involved palm up, arms at side, elbows straight. • Use good arm to help raise operated arm up and away from side 	 <ul style="list-style-type: none"> • Stand, facing wall. • Place hand on wall at hip level. • Using your fingers, walk your arm upward and back down

Strengthening Exercises Time Period:

 <p>Stand with involved arm at side against the wall and Push hand inward.</p>	 <ul style="list-style-type: none"> • Stand with involved side to wall, arm at side. • Bend elbow to 90 • Push upper ARM against wall 	 <p>Stand with involved arm at side with hand against the wall and Push HAND outward.</p>	 <ul style="list-style-type: none"> • Stand facing wall with elbow bent. • Make a fist, with a pillow or towel between hand and wall. • Push against wall.
 <p>Stand facing away from wall with elbow bent and Push against wall.</p>	 <ul style="list-style-type: none"> • Lie face down, arms out from body and elbows bent • Squeeze shoulder blades together. Hold and repeat. 	<ol style="list-style-type: none"> 1. All exercises must be pain free and should only be done onto a point where a stretch is felt. 2. Do them slowly and with control, keeping at an even tempo in all directions. 3. Put an ice pack on for 15 minutes after each exercise session. 4. Do not lift heavy objects with the operated arm. 5. Do not sleep on the arm 6. Sleeping in an upright position with a pillow under the arm is often more comfortable and if you were to lie flat. 	

Consult your Doctor and Therapist before doing any new exercise, driving or activities.