



Participant Physiotherapy Booklet





Why do I need physiotherapy?

You have had a keyhole operation in your shoulder to clear space and remove painful tissue called an 'arthroscopic debridement'.

You may also have had an 'InSpace balloon' inserted at the end of the operation. We don't know if inserting this new device improves your outcome compared to the operation on its own.

Regardless, your physiotherapy will be the same, and your physiotherapist will not know which treatment you have had. Physiotherapy is an important part of your treatment. Jointly with your physiotherapist you will discuss what you have had done, what you can expect, what can go wrong and how to manage pain.

The physiotherapist will make an initial assessment and together you will agree joint goals to regain movement and train large muscles at the front of your shoulder to compensate for the smaller muscles in your shoulder that have been affected.



How long will I need physiotherapy?

Following your surgery it is important that you do not do too much too soon. Your physiotherapist will follow three phases of progress with you:

Phase One: 0-2 weeks: During this phase the physiotherapist will complete an initial assessment to agree your joint goals, discuss what you have done, what you can expect, pain control and what can go wrong.

During this time you will be wearing a sling and will be advised on exercises to begin gently moving the arm.

Phase Two: 2-12 weeks: You will progress out of your sling and your physiotherapist will progress your exercises so you are able to move your arm. You will be advised not to do any heavier exercises/activity during this period.

Phase Three: After 12 weeks: With your physiotherapist you will discuss your goals and continue with progressive strengthening exercises as appropriate.

You can expect to be seen by a physiotherapist at least once in each phase, following your initial assessment you will jointly agree with your physiotherapist how often and how long each attendance will be.

During your recovery you will be asked to complete a diary of exercises you have completed at home, this can be found on the final pages of this booklet.

When can I return to my usual activities?

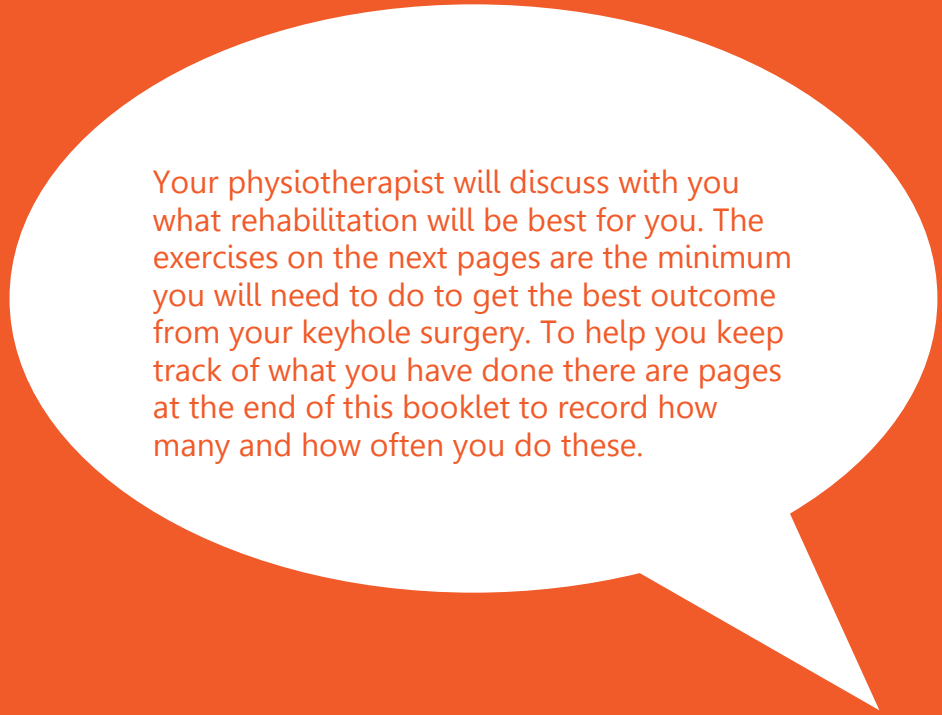
Together with your physiotherapist you will discuss your joint goals and achievable timeframes, however in general the following is advised:

- Driving: Not recommended until you can safely hold and control a steering wheel with both hands, you may want to discuss this with your physiotherapist.
- Lifting: Not recommended to lift anything heavier than a drink for three months.
- Sports involving overhead movements (e.g. tennis): After 12 weeks





What exercises will I have to do ?



Your physiotherapist will discuss with you what rehabilitation will be best for you. The exercises on the next pages are the minimum you will need to do to get the best outcome from your keyhole surgery. To help you keep track of what you have done there are pages at the end of this booklet to record how many and how often you do these.

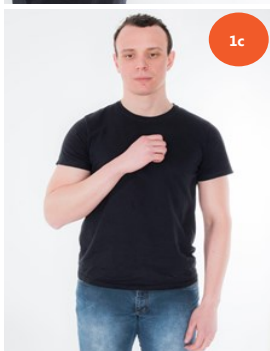
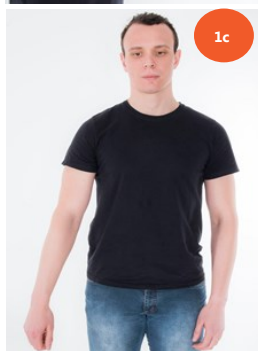
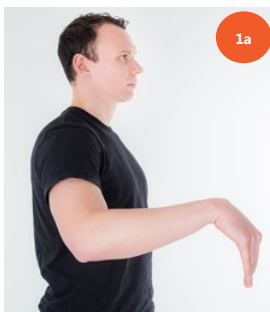
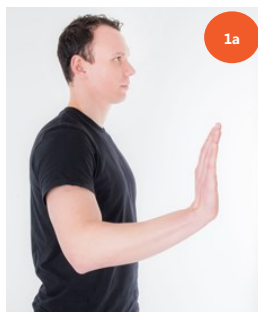
Phase One 0-2 Weeks

Immediately after your operation you will be placed in a sling. It is important that you wear this sling including when you are not in the house and when you are sleeping.

However, to avoid the shoulder, elbow and hand getting stiff it is important to remove the sling for short periods in the home and complete the exercises below:

Exercise One:

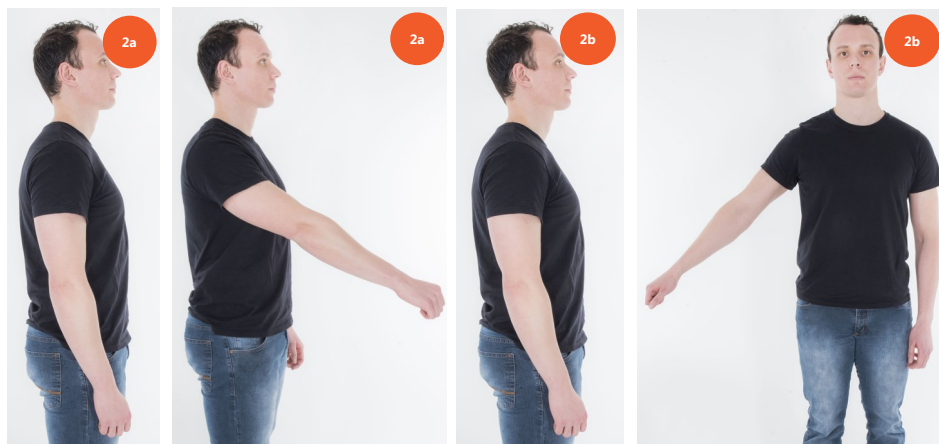
In a sitting position remove your sling and move your elbow wrist and hand as pain allows.



Phase One 0-2 Weeks

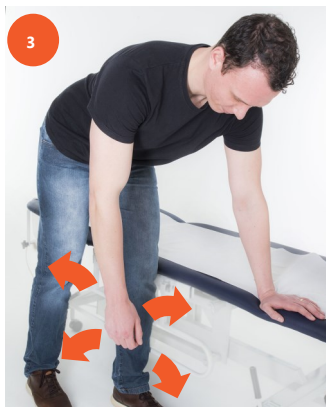
Exercise Two:

In a standing position remove your sling and let your arm straighten next to your body. Slowly move your arm forwards in front of you and back down next to your body and then move your arm out to the side and back down next to your body. Ensure you only move as pain allows and no more than around 60° in each direction.



Exercise Three:

In a standing position remove your sling and lean forwards to let your arm hang relaxed straight down, then begin to gently swing your arm forwards and backwards and side to.



It is recommended that you complete these simple exercises a minimum of three times daily and aim to complete up to three sets of ten repetitions or as pain allows.

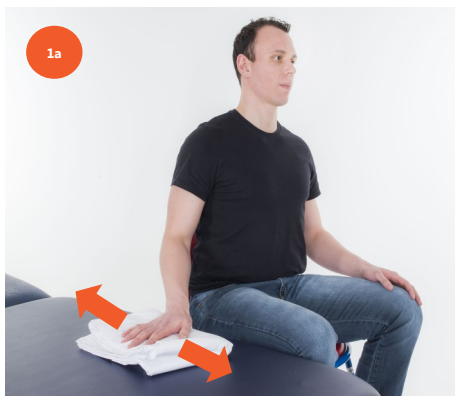
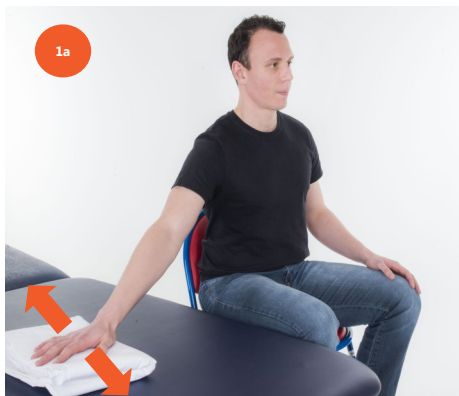
Phase Two 2-12 Weeks

Two weeks after your operation you will begin to progress out of your sling. Your physiotherapists will help progress to the exercises below to help regain full movement of your shoulder:

Exercise One:

In a sitting position at a table place your operated arm on a towel and move the towel:

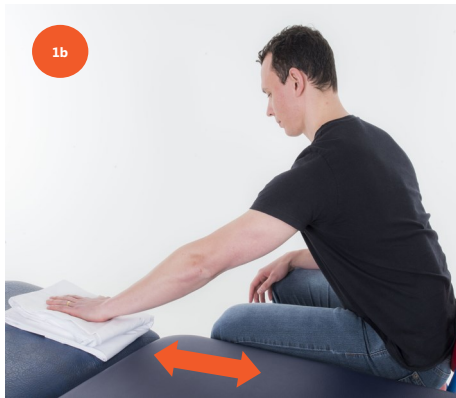
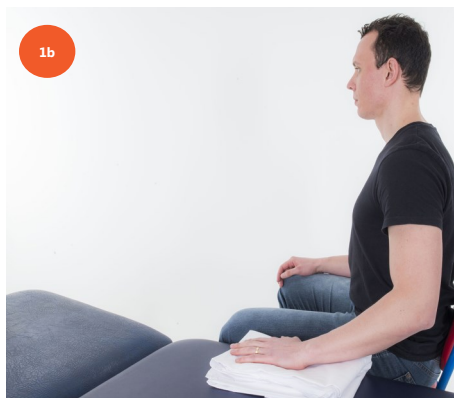
- Side to side with your arm straight
- Side to side with your elbow bent



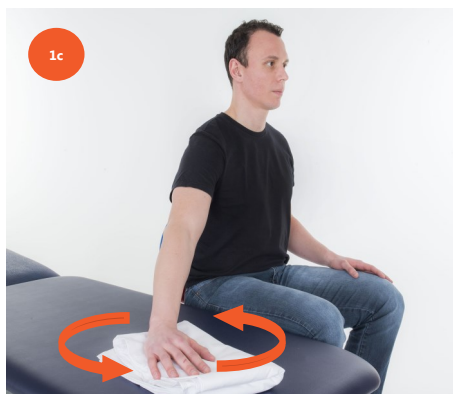
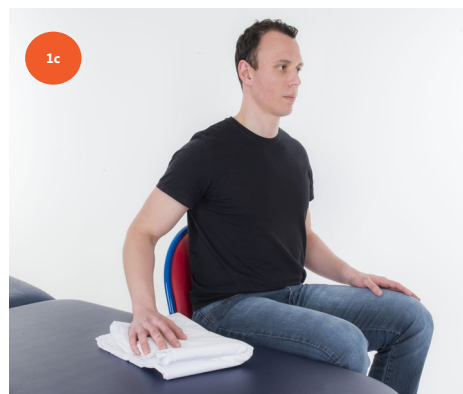
Phase Two 2-12 Weeks

Exercise One continued:

- Forwards and backwards



- Round in a circle

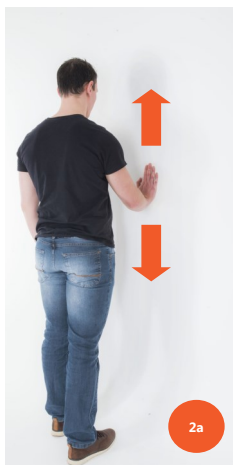


Phase Two 2-12 Weeks

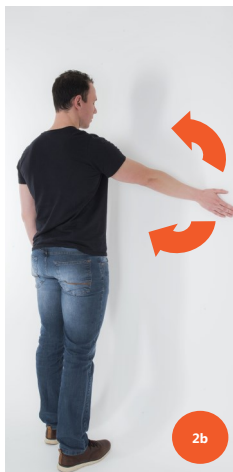
Exercise Two:

Once exercise one becomes easy move to a standing position, and with your operated arm with or without a towel move the arm on a wall in the same directions as exercise one:

- Side to side with your arm straight
 - Up and down with your arm straight
-



- Round in a circle
-



Phase Two 2-12 Weeks

Exercise Three:

Lie flat on the bed and lift your operated arm to a vertical position with the help of your un-operated arm and then hold the operated arm in place unsupported for ten seconds before lowering back down. Once you can do this without the help of your un-operated arm you can begin the same movement but this time move the arm all the way above your head and back again and continue for up to five minutes.



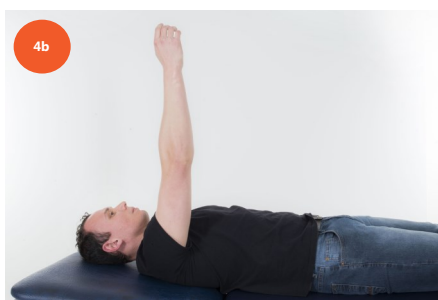
Note: **3a** can be performed with arm support or without arm support



Phase Two 2-12 Weeks

Exercise Four:

Once you can do exercise 3 you can do the same exercise with your arm straight.



Note: **4a** can be performed with arm support or without arm support



It is recommended that you complete these simple exercises a minimum of three times daily and aim to complete up to three sets of ten repetitions or as pain allows.

Phase Three After 12 Weeks

Once you have weaned out of your sling and regained controlled movement of the shoulder you will be advised to progress to strengthening exercises.

These can begin from 12 weeks and how much is required will depend on what your usual activities are and what goals you have set with your physiotherapist.

As a minimum we recommend the two exercises below and advise you continue them until at least the six months after your operation.

Exercise One:

Once you are able to lie on your back and slowly move your arm from the side of your body to the bed above your head for at least five minutes you can progress to doing the same exercise whilst holding a small weight, such as a tin of beans (200 grams).

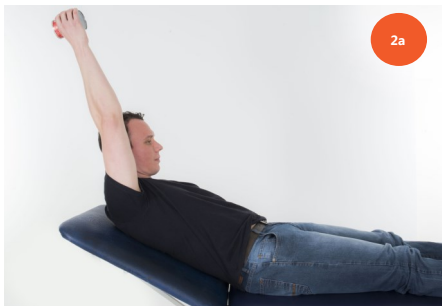


Phase Three After 12 Weeks

Exercise Two:

Once you can complete exercise one easily you can begin doing the same movement in a reclined, sitting and then standing position, each time beginning without a weight and then progressing to using a weight.

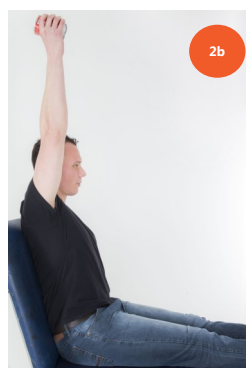
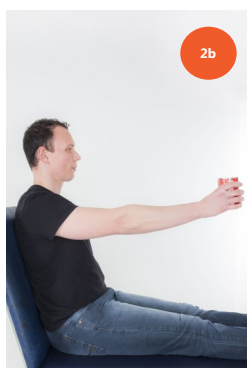
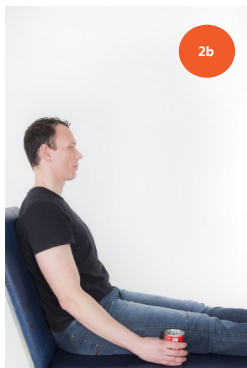
● Reclined



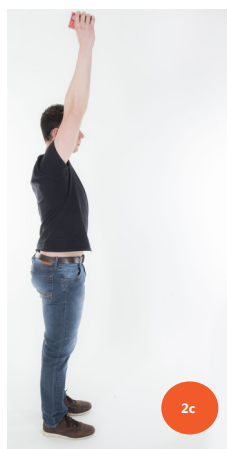
Phase Three After 12 Weeks

Exercise Two Continued:

● Sitting



● Standing



It is recommended that you complete these simple exercises a minimum of three times daily and aim to complete up to three sets of ten repetitions or as pain allows.

What can go wrong with my procedure ?

There is a small risk that you may develop an infection, stiffness, frozen shoulder (a very stiff shoulder, which normally recovers), worsened pain, blood clots or wound healing problems.

Between 8-12 weeks, you may experience some discomfort in your shoulder and this usually settles within 2 weeks.

Specific to the InSpace balloon there is also a small risk this can be put in the wrong place, move after the operation, or can cause inflammation in the shoulder. Your physiotherapist will provide on-going assessment to identify if any of these occur. If they do your physiotherapist will discuss what will happen next. If you cannot contact your physiotherapist you can also access your GP and A&E department in the usual way.

Patient Diary

This diary is optional and not part of the study, but is to help you manage your exercises with the physiotherapist. We hope you find it useful.

Every time you complete your shoulder exercises place a tick in the appropriate box.

There is a notes page so you can record your thoughts and feelings. If you did not manage to complete any exercises that day you can note why, and your physiotherapist can help you work around any obstacles you uncover.

Week commencing:/...../.....	Week 0– Week 2					
	Phase1					
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Tuesday	✓	✓				
Wednesday						

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Notes



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Funder Acknowledgement

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Disclaimer

The views expressed in this publication are those of the author(s) and not necessarily those of the MRC, NHS, NIHR or the Department of Health and Social Care.

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