



PATIENT INFORMATION

**ADVICE & EXERCISES FOLLOWING  
MANIPULATION UNDER  
ANAESTHETIC OF THE SHOULDER**



Under general anaesthetic, the shoulder joint is manipulated into the greatest possible range of motion. This will break down any thickened adhesions in the shoulder joint. Adhesions occur when the muscles capsule and tissues become thickened and contracted. Manipulation under anaesthetic is used to help increase range of movement in the shoulder joint.

**Physiotherapy Out Patient Appointment:**

Date:-

Time:-

Department:

Contact number of department:

**GENERAL ADVICE, RISKS and BENEFITS**

You will be given appropriate pain killers and you should take these as directed to allow you to be comfortable enough to do your exercises.

You may be given a sick note for work. The length of time you are off work will depend upon your job. If you require further sick notes, then you should see your own GP.

You are advised to do the exercises in this leaflet regularly, otherwise adhesions may reform in the shoulder.

**ICE APPLICATION**

You can apply ice to your shoulder. (You will not be able to use ice if you do not have full sensation in your shoulder). Cover your shoulder with cling film or a plastic bag and place a large packet of frozen peas or crushed ice, wrapped in a damp towel over the cling film for a maximum of 10 minutes. You could get an ice burn if you apply the ice pack directly to the skin so always use the cling film, plastic and towel. The plastic also keeps the wound dry.

**NB: if you have a problem with your heart, DO NOT put ice on your left shoulder.**

## EXERCISES

To ensure you gain movement from the manipulation, it is important to start these exercises on the day of your operation. If you do not exercise regularly, the adhesions may reform.

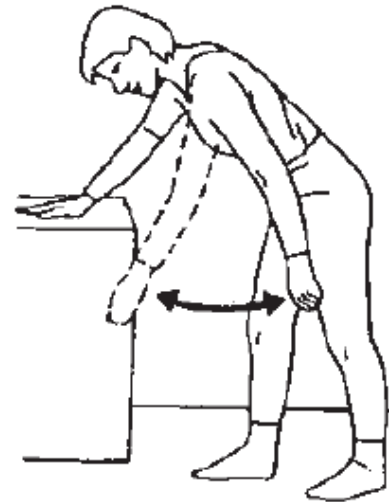
You need to do these exercises every hour that you are awake, until instructed otherwise by the Physiotherapist:

Stand leaning on a table with one hand.

Let your affected arm hang relaxed straight down.

Swing your arm forwards and backwards.

Repeat . . . . . times.

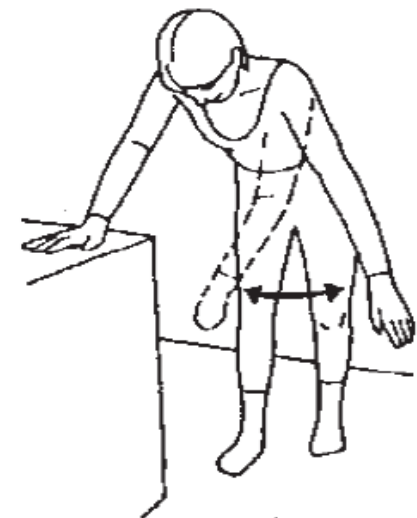


Stand leaning on a table with one hand.

Let your affected arm hang relaxed straight down.

Swing your arm to your left and then to your right.

Repeat . . . . . times



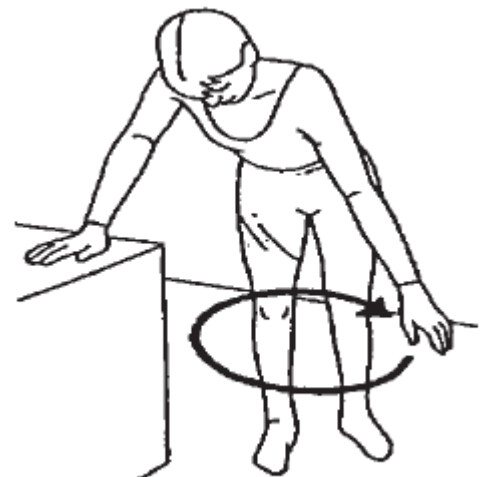
Stand leaning on a table with one hand.

Let your affected arm hang relaxed straight down.

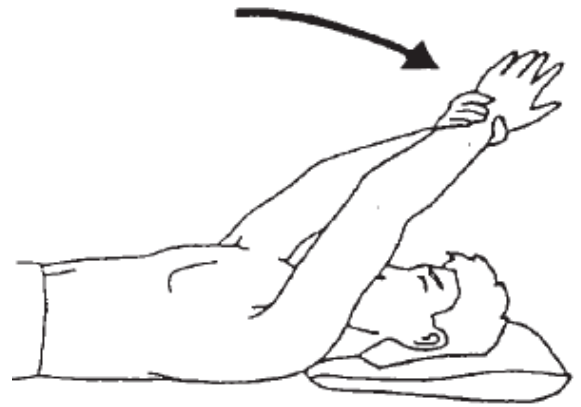
Swing your arm as if drawing a circle on the floor.

Change direction.

Repeat . . . . . times.

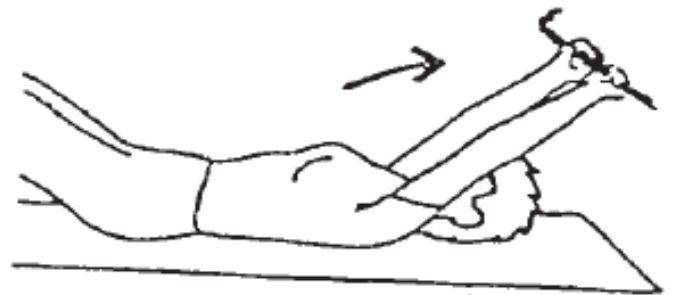


In lying, lift your affected arm by holding it round the wrist with the good hand, reach for the ceiling and over your head.



Progress this using a walking stick.

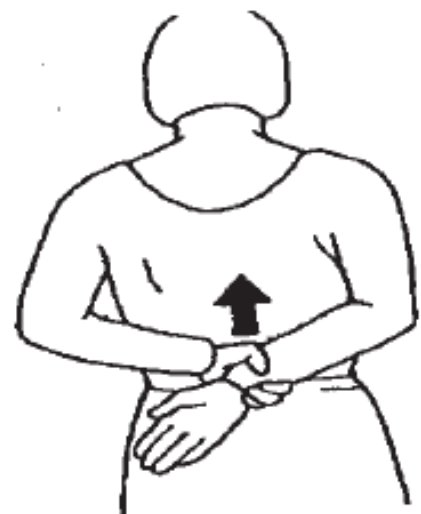
Repeat . . . . .times



Stand with arms behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up your back, using one arm to assist the other.

Repeat . . . . . times.



Stand or sit.

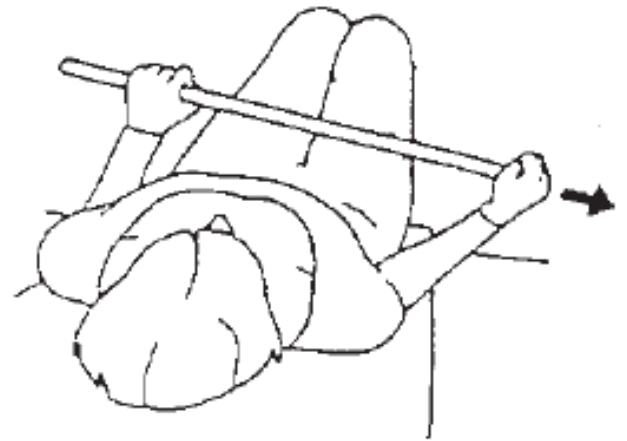
Lift your arm up sideways with your thumb leading the way.

Repeat . . . . . times



In lying, hold a stick as indicated with elbows close into your body. Gently push affected hand away from your body keeping your elbow by your side.

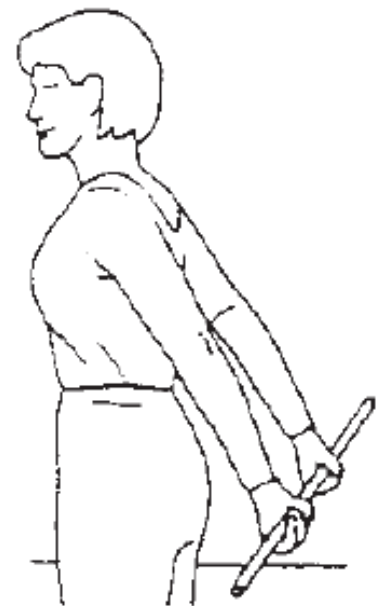
Repeat . . . . . times



Standing, grasping a stick with both hands behind your back, push backwards, good arm supplying the power.

Progress sliding stick up back.

Repeat . . . . . times



Lying on your back with your hands behind your head and elbows pointing towards the ceiling, move elbows apart.

Repeat . . . . . times



**QUERIES:**

If you have any queries about any of the advice contained in this booklet

OR

if you are unable to progress your exercises in accordance with the leaflet

OR

if you have persistent pain, swelling or worsening of your symptoms, please contact the Physiotherapy Department at the hospital where you had your operation between 8.30am - 4.30pm Monday to Friday on the direct dial numbers below:

**Worcestershire Royal Hospital**

Tel: 01905 760622 / 760187

**Alexandra Hospital, Redditch**

Tel: 01527 512114

**Kidderminster Hospital**

Tel: 01562 513066

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.