

## ICE PACKS

- Ice packs can help reduce pain and can be applied during the first three weeks following surgery.
- Never apply an Ice pack directly to the skin, always wrap in a damp towel.
- Apply the ice pack for 15 - 20 minutes.
- Check your skin regularly for signs of ice burns.
- Consider applying Ice packs to your shoulder before and after exercise.

## HEAT PACKS

- Heat packs can help reduce joint stiffness and relax tight, painful muscles.
- Heat packs can be applied after three weeks following surgery.
- Never apply heat packs directly to the skin, always wrap in a towel.
- Apply heat packs for 15 - 20 minutes.
- Check your skin regularly for signs of heat burn.

For further advice or information,  
please speak to your physiotherapist.



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলেটেট যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Je li šia skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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# POST OPERATIVE SHOULDER CLASS



☎ 01604 682682  
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**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

## WHAT IS THE SHOULDER CLASS?

The shoulder class is designed to help you recover from your shoulder operation. After surgery, it is important to start early, gentle movement exercises to prevent stiffness and improve your recovery. The shoulder class will support you through your recovery process with weekly appointments.

## DURING THE CLASS

- You will be assessed by a member of our team
- You will be shown exercises to complete at home and will be given an exercise sheet to help guide you
- You will be asked to complete a gentle exercise circuit, at your pace to improve the outcome of your shoulder operation.

## AFTER THE CLASS

- Aim to complete the exercises at least four times daily.

Please wear clothing you are comfortable to exercise in.



## WHEN IS THE SHOULDER CLASS?

The shoulder class runs every Wednesday. Your initial appointment will be on the first Wednesday following your surgery at 8.15am. If you have not heard from us by this date please contact us on 0330 555 6789. Please arrive on time as you will need to complete some paperwork to help us provide you with the best physiotherapy treatment.

Your second appointment will be in the early class which starts at 9am.

### Early shoulder class 9am to 9.30am

- When attending, please ensure you have eaten a light breakfast as you will be asked to exercise
- The early class aims to gently restore your shoulder movements through exercise
- You will attend this class for approximately four weeks
- Once comfortable you will be progressed to the advanced class which starts at 9.30am.

### Advanced shoulder class 9.30am to 10am

- The advanced class aims to improve your shoulder muscle strength through exercise
- You will attend this class for a further two to three weeks or until you are confident continuing your exercise programme independently
- You will need to continue these exercise long-term to achieve the best results.

## WHAT IF I AM UNABLE TO ATTEND?

If you are unable to attend your appointment, please call 0330 555 6789.

If you do not inform us of your non-attendance you may be discharged from the class and a letter will be sent to your consultant.

## HOW LONG WILL IT TAKE FOR MY SHOULDER TO RECOVER FOLLOWING SURGERY?

The first two weeks are the most painful but initial healing is complete within the first six to eight weeks.

Pain generally improves over three months but it may take up to one year for full recovery. During this time, it is important to continue to exercise to achieve the best results.

## PAIN CONTROL

- Take your pain medication regularly as prescribed by your GP / consultant.
- It is important that your pain is well controlled so that you can continue to complete your daily exercise programme.
- If your pain is not under control you may not be able to complete your daily exercise programme which may slow your recovery or prevent you from achieving a good outcome.
- If your pain is not well controlled please speak to your GP as soon as convenient to arrange a medication review.