

# Post-Surgical Rehabilitation of Weaver Dunn and Acromial- Clavicular Joint Stabilisation

**Reference Number:** ULHT-LFT- 4059 v1

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The purpose of this patient information is designed to offer advice and information about your rehabilitation.

## Mobilising post operation

Most of the time you will be allowed to walk around with your arm in the Polysling.

You should mobilise your hand, elbow and neck as soon as possible. When you get back to the ward you will be taught how to mobilise and how to put on/wean off the Polysling safely.

## Pain and swelling

Pain is normally the worst for the first few weeks then after that it starts to improve.

To help with your post-operative pain and swelling, take regular pain relief, use the cold compression and do your post-operative exercises regularly.

Your shoulder/arm is going to swell; this is very normal. The swelling can take up to 3 months to settle, but 12 months for it to fully disappear.

## Returning to work

How quickly you can return to work after having shoulder surgery will depend on what your job involves. You can discuss the timeframe with your consultant or physiotherapist when you see them after surgery.

## Outpatient Physiotherapy

In approximately 2 to 3 weeks you will be contacted by your local physiotherapy department, to arrange a physiotherapy appointment, to review your shoulder and arm movements. While waiting for physiotherapy it is important to carry on with your home exercises.

## Precautions/advice

- Avoid moving your arm away from the side for 6 weeks
- Avoid taking your arm across your body for 6 weeks
- No heavy lifting heavier than 1kg for 3 months
- You will not be able to drive for at least 8 weeks

## Polysling

When you return from theatre following your surgery your arm will be in a Polysling.

This is to support the weight of your arm and help to ease any discomfort you may have.

You should only remove your sling for exercises and bathing. Please refer to the sling management leaflet for further information or use the QR code below to access the video.



## Occupational Therapy

Occupational Therapy helps you live your best life at home, at work – and everywhere else. It is about being able to do the things you want and have to do. That could mean helping you overcome challenges learning at school, going to work, playing sport or simply doing the dishes. Everything is focused on your wellbeing and your ability to participate in activities.

If you feel that your shoulder injury is causing any problems with function, independence and doing things that you enjoy, a referral to your local hand therapy team may be useful. We have teams based on all four sites (Lincoln, Boston, Grantham and Louth).

## Post operation exercises

You play a very important role in your own recovery, so it is important that you do all the exercises and follow the advice we give you. If at any time during your rehabilitation you have difficulty following our advice or exercises, please contact the team.

You should start your exercises when you return from your operation and do them as prescribed: 10 repetitions, three times a day for the first two weeks or until you are reviewed by the physiotherapist in an outpatient setting.

The exercises should be completed in a smooth and controlled manner. Stop the exercise if you feel unable to do it safely. You should stop exercising if you have a raise in pain not eased by rest/pain relief or ice treatment and seek medical advice.

## Shoulder Shrugs



### Instructions

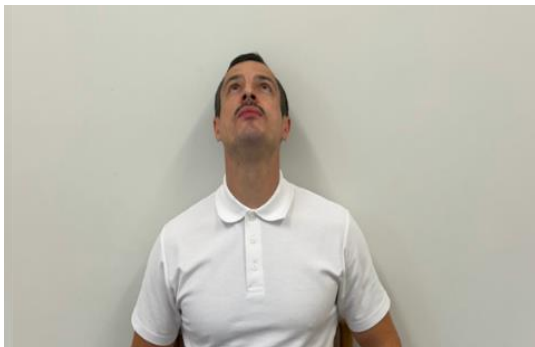
Shrug your shoulders upwards, towards the ceiling.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)

## Neck range of movement

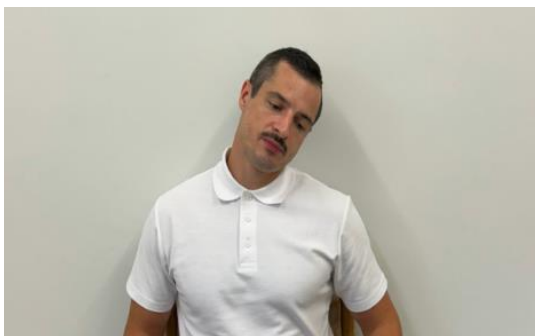
### Instructions



Tilt your head backwards in a slow and controlled manner.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)



Tilt your head as if you were taking your left ear towards your left shoulder.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)



Rotate your neck slowly by looking over your one shoulder then the other.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)



Tuck your chin in and then roll your head forwards.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)

## Supported Elbow Flexion Extension



### Instructions

Maintain your elbow range of movement by gently straightening and bending your elbow, try to achieve full range of movement.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)

## Wrist range of movement



### Instructions

Maintain hand and wrist movement by gently bending your wrist up and down.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)



Maintain hand and wrist movement by gently bending your wrist side by side.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)



Maintain hand and wrist movement by gently rotating your wrist.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)

## Ball Squeeze



### Instructions

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel or other small squeeze items.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)

## Isometric Cuff



### Instructions

Tuck your elbow in, keeping it next to your body and resist the movement of your arm outwards away from your stomach. Your arm should not move.

Repeat 5 to 10 times, 3 times a day.

(Repetitions can be increased if you find them easy or decreased if you find them more difficult)

## Contact details

Therapy department, Grantham Hospital, Manthorpe Road, Grantham, Lincolnshire NG31 8DG. **Telephone: 01476 464253**

Therapy department, Pilgrim Hospital Boston, Sibsey Road, Boston, Lincolnshire PE21 9QS. **Telephone: 01205 445494**

Therapy department, Lincoln County Hospital, Greetwell Road, Lincoln, Lincolnshire LN2 5QY. **Telephone: 01522 573945**

Therapy department, County Hospital Louth, High Holme Road, Louth, Lincolnshire LN11 0EU. **Telephone: 01507 631234**

Therapy department, Skegness Hospital, Dorothy Avenue, Skegness, Lincolnshire PE25 2BS. **Telephone: 01754 61351**

You can contact your consultant via the hospital switchboard if required.

United Lincolnshire Teaching Hospitals NHS Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language or alternative format, please email the Patient Information team at [ulth.patient.information@nhs.net](mailto:ulth.patient.information@nhs.net)