

Dr JEROME GOLDBERG
Shoulder Surgeon

ORTHOSPORTS



PHYSIOTHERAPIST'S POST OPERATIVE EXERCISE PROTOCOL

Dear Physio

PATIENT NAME:

OPERATIVE PROCEEDURE:

SPECIFIC PRECAUTIONS:

Thank you for looking after this patient.

I have a very strict protocol which **MUST** be strictly adhered to, without deviation. Please start the patient on **all** these exercises immediately.

The patient has been given Theraband exercisers as well as instructions in a home exercise program which they have been asked to do 4 times a day.

The purpose of their formal physiotherapy is instruction in these exercises which are enclosed in this handout and supervision of those exercises. The patient is likely to require a push with the stretching component of the protocol.

I specifically discourage **ABDUCTION EXERCISES** except those in the handout where the maximum abduction should be less than 90 degrees.

Please do **NOT** deviate from the protocol without discussing the matter with me first (my phone numbers are enclosed below) and I would also appreciate a written progress report when the patient comes for review.

If you have any concerns please contact me.

Jerome Goldberg

J. GOLDBERG shoulder surgery
R. PATTINSON paediatric, general
A. TURNBULL hip, knee
T. GOTHELF foot, ankle, shoulder, elbow

W. BRUCE hip, knee
A. LOEFLER hip, knee, spine
P. WALKER hip, knee

D. SHER shoulder, elbow, knee
J. NEGRINE foot, ankle
I. POPOFF knee, shoulder, general
J. TRANTALIS shoulder, elbow

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