HOLLYWOOD
ORTHOPAEDIC | GROUP

Clavicle Stabilisation Surgery Information

Below is some information regarding your operation, which is intended as a guide. Please read this. For any further clarification, or if you have any queries or issues, please contact my rooms as soon as possible on 9389 3855 or email: spenceradmin@hogwa.com.au

With kind regards,

Mr Jonathan Spencer

Risks and Benefits of Soft Tissue Shoulder Surgery

Aim of Surgery

- Reduce shoulder pain
- Improve shoulder function
- Improve overall quality of life and mobility

Overall success rate: 95%

What to Expect

- 1-2 days in hospital
- 2 weeks of swelling and discomfort requiring significant pain killers
- Approximately 4 weeks in a sling
- 6 -12 weeks for reasonable recovery
- 6-12 months for a good to full recovery

Risks

- 5% chance of minor complication
- 0.5-1% chance of serious complication
- Risk of dissatisfaction with the outcome of surgery

Possible Complications of Surgery

- Wound infection
- Deep joint infection
- Deep vein thrombosis (DVT)
- Fracture
- Nerve injury
- Component failure
- Revision surgery
- Heart attack
- Chest infection
- Pulmonary embolism

Post Operation Wound Care

- Keep wool and crepe bandages on for 24 hours after the operation.
- Keep wounds clean, dry and covered for 2 weeks or until the wound is completely healed. If the dressings get soaked through, they will need to be changed.
- Do not soak the incision (ie. bath or pool) until the wound is completely healed.
- Mr Spencer mainly uses dissolvable stitches.
- If you have any concerns about your wound please contact Mr Spencer's rooms.

After your Clavicle Stabilisation Procedure: A Rehabilitation Guide

All exercises performed should be **within pain and comfort**. Every shoulder progresses differently. Listen to your shoulder and discuss any concerns with Mr Spencer or your Physiotherapist.

Notes in italics below are guidelines intended for your Physiotherapist.

Weeks 0-2

- Use **sling** for comfort for approximately **4 weeks**.
- Use ice **15-20 minutes 3 times/day** for pain relief.
- Maintain elbow extension (straightening) whilst still using sling.
- Exercises whilst in sling:
  - Straighten/bend elbow and wrist, wrist supination/pronation, open/close hand.
  - *Range of movement shoulder **exercises** (including pendular).*

Weeks 2-4

- **Drive** when you feel safe and competent to do so, at approximately **3-4 weeks** and you must be out of the sling. You should contact your insurance company before returning to driving, to ensure that you are covered.
- You may be able to return to **work** from 2 weeks if you have a sedentary job.

- *Continue **range of movement** exercises for the shoulder joint.*
- *Commence gentle **scapula mobilisation** exercises (elevation/protraction/retraction) and **scapula stabilization** exercises.*
- ***Submaximal Isometric Cuff** exercises within pain and comfort.*
- ***3 weeks**: Able to use a **stationary bike** for cardiovascular exercise with arm in sling (within pain and comfort).*

Week 6+

- *Continue to progress **shoulder range**.*
- *Slow progressive and pain-free resistance **strengthening exercises and proprioception** throughout range for the shoulder complex.*
- *Walking programme with a progression to running as comfort allows.*

Week 8+

- Aim towards a full range of shoulder movement. **Start** hand behind head and hand behind back stretches as pain and comfort allows.
- Aim for good **scapula control** throughout range
- Continue **strengthening** exercises (below shoulder height until good scapula control and pain-free overhead).
- From **8 weeks** you can try swimming **breaststroke,** if it's pain-free.

Week 12+

- Continue to aim for a full active range of the shoulder if not already achieved.
- A general guide for **return to sport** is non-contact sport from 3 months, contact sport from 6 months. Discuss this further with Mr Spencer.
- **Swimming** as you are able to, pain-free.
- *Progress exercises to **above shoulder height** (pain-free).*
- *Sport and work specific rehabilitation exercises.*
- *Return to a **manual labour** job is normally between 4-6 months. Discuss this further with Mr Spencer.*
- ***One year restrictions:** No bench press or shoulder dips.*
- ***Permanent restrictions:** No behind the head Latissimus Dorsi pull down, no behind the head military press.*

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