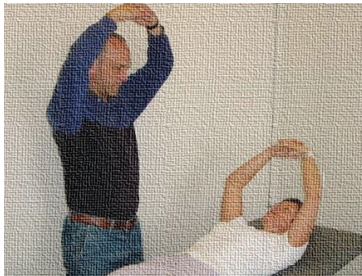




Shoulder Surgery Rehabilitation The Jean-Pierre Liotard (JPL) Technique

Immediately after surgery (unless instructed otherwise) your rehabilitation involves the gradual recovery of passive range of motion (flexibility) through self-stretching exercises with your hands clasped together.



This includes **3 phases**, and your progress is assessed by the physical therapist during the rehabilitation sessions.

- Your good arm does all the work, but keep both arms together and symmetrical.
- Movements progress as tolerated and should not be painful.
- The principle is to do only a few repetitions, but do these 3-5 times a day. Remember: concentrate on your breathing.

1



Phase 1 (First 1-2 weeks after surgery)

In the lying down position, elevation can reach approximately 130° (arms at the level of your ears). Stretching is performed in two stages: (hands clasped together at all times) 1) raise your arms over the head as far as you can comfortably, 2) straighten the elbows. Hold for 5 seconds, then return hands smoothly to your abdomen (or sling).

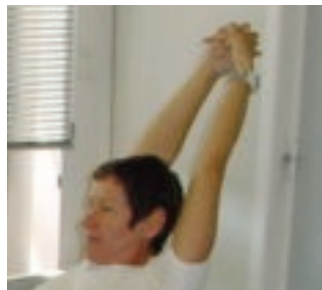
2



Phase 2 (1-6 weeks)

Very soon, you will be able to perform exercises sitting in a chair with your body relaxed and slouched backwards: Starting position with hands clasped together on your lap. 1) Raise your hands upwards together to rest on the top of your head. 2) Now reach upwards with hands towards the ceiling, Think about straightening your elbows. For the return motion, bend your elbows. Hands should always remain clasped together.

3



Phase 3 (After 6 weeks...continues until 6 months)

Drawing the elbows, backward with hands clasped BEHIND the head (siesta position) involves external rotation. Then, the arms are stretched overhead with the elbows extended: almost full elevation is reached. At the end of the movement, the arms are held against the temples, aligned with the body axis.

REHABILITATION IN A WARM WATER POOL

Whenever possible, I recommend hydrotherapy to take advantage of the buoyancy and therapeutic effect of warm water (warming, muscle relaxation and less inhibition). The goal is to help with self-stretching. Each session should be limited to about 20 minutes. Simple exercises are repeated 5 to 10 times (not more), preferably under the guidance of the physical therapist. Exercises will get easier and more complete with time, so remember : Don't force the movements !!!