

**WHO TO CONTACT IF YOU ARE  
WORRIED OR REQUIRE FURTHER  
INFORMATION**

For general enquiries about appointments, please phone

Mr Smibert's secretary      01935 384597  
Mr Chambler's secretary    01935 384779

For enquiries regarding admission dates, please phone the admissions office on 01935 384619

**If your wound changes in appearance weeps fluid or pus, or you feel unwell with a high temperature, contact your GP.**

If you have a query about exercises or movements, contact the physiotherapy department where you are having treatment if you have already started, or else the Yeovil Physiotherapy Department on 01935 384358.

For queries regarding self care (eg dressing, bathing) contact the Occupational Therapy Department on 01935 384215.

If you require this leaflet in any other format, e.g. large print, please phone  
**01935 384256**

Physiotherapy Department:      01935 384358

Occupational Therapy Department: 01935 384215

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**ROTATOR CUFF  
REPAIR  
ADVICE SHEET FOR PATIENTS  
USING ABDUCTION SPLINT**

*Therapy  
Department*

[www.yeovilhospital.nhs.uk](http://www.yeovilhospital.nhs.uk)

Following your operation you may need to wear an abduction splint/aeroplane splint to keep your arm away from your body.

The ideal position is with the arm bent at 90° and held out in front while being rotated outward slightly.

### Inflatable Abduction Splint

The pillow section of the splint is inflated to keep your arm in the correct position. It is important that you DO NOT deflate the pillow.



Although you will be doing **assisted** exercises whilst in the splint, you must not attempt to actively lift your arm on and off it. This is to protect the repaired tendons in the early weeks after your operation.

The splint is worn at all times except for washing and dressing and performing the passive movement exercises. In these circumstances follow the guidelines below.

### Washing and Dressing

The patient sits adjacent to an ironing board or similar surface, with the edge of the splint supported on it. The patient undoes the straps of the splint.



The carer supports the patient's forearm while the patient removes the splint. The patient then turns 90° to face the ironing board of the appropriate height which should maintain the arm in the same position as the splint.

The patient is now in a position for strip-washing and for dressing, the affected arm being dressed first.

### General Guidelines

- **Don't** lower the shoulder below the level of the inflated pillow.
- **Don't** twist the arm inwards
- **Don't** take the arm across the body
- **Don't** take the arm backwards

### Exercises

- Maintain active movement at the elbow wrist and hand. Straighten your elbow at least once every two hours.
- Perform passive movements with your carer doing the movement and heeding the general guidelines above. Do these twice daily with five repetitions of each.
  - Raise the arm up in the air in the front of and out to the side of the body.
  - Roll the arm out, so that the shoulder is rotating in an outward direction.

**Your physiotherapist will show you and your carer these exercises.**

**Please ask if you are unsure how to perform them.**

**If you have any tingling or 'fuzzy-like' feeling in the hand, please tell your physiotherapist immediately.**