



## Total Shoulder Replacement – Rehabilitation

### Acute Phase: Home Exercise Program

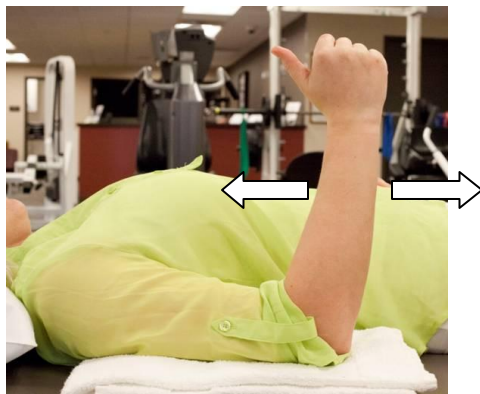
During the first week after your surgery, make sure you wear the sling at all times. You need to allow the soft tissues and the new shoulder time to heal. Only perform the exercises provided by your physical therapist. The exercises on this page are samples of what you need to be doing. Do each exercise 2-3 times a day, 10 repetitions each. Ice your shoulder for about 20 minutes, several times each day, especially following exercise. Follow your surgeon's instructions and take your pain medication as needed. If you have questions, please contact your surgeon's office.

#### 1. Gripping: Ball squeezes



#### 2. Elbow Motion

Lie on your back and place a pillow under your arm. Bend and straighten your elbow with your thumb up.



#### 3. Rotating Forearm

Sitting, keep your elbow at your side. Turn your palm up, and back down.



#### 4. Pendulum

Lean over a table or chair as shown, supported by your non-operated arm. Relax the arm that you are hanging down. Allow the operated arm to swing freely. **Use your upper body to swing your arm in circles.** Do not use your arm muscles to move the arm.



#### 5. Upper trapezius stretch

Standing (or sitting), place your nonoperated hand on your head. Keep your head facing forward and gently pull your head sideways (away from your operated arm). Bring your ear toward your shoulder



*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*

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