

## Shoulder: Post Operative Beginning Home Exercise Program

Please consult your physical therapist for range of motion specifications on the following exercises.

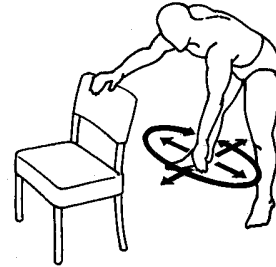
### 1. Shoulder Pendulum – Side to Side/Circular

Lean on a sturdy object with your uninvolved arm.  
Spread feet apart and bend knees slightly. Let your arm hang.  
Attempt to let your arm move side to side as if it were a pendulum by shifting your body side to side and in a circular motion.

This is a gentle motion.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



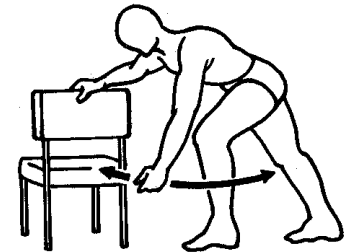
### 2. Pendulum – Forward/Backward

Lean on a sturdy object with your uninvolved arm.  
Position feet with a wide base of support, step forward with one leg as if bowling. Let your arm hang.  
Attempt to let your arm move forward/backward as if it were a pendulum by shifting weight forward and back.

This is a gentle motion.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

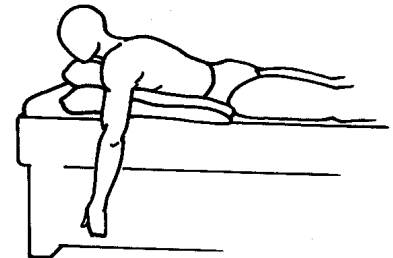


### 3. Arm Hang

Lie on your stomach at edge of bed, supported by 2 to 3 pillows under chest.  
Let involved arm hang off edge of bed.  
This should be a tolerable position.  
Hold position up to 10 minutes.  
To gradually improve shoulder range of motion, remove 1 pillow.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 4. Elbow Bending

Lie on back with upper arm supported by pillows or towels.  
If needed, assist with opposite arm to bend and straighten elbow.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 5. Forearm – Palm Up to Palm Down (elbow bent)

Turn palm up toward ceiling and down toward floor.

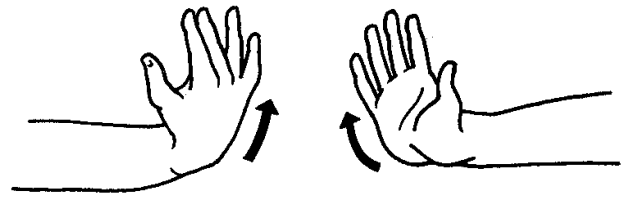
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 6. Wrist Flexion/Extension

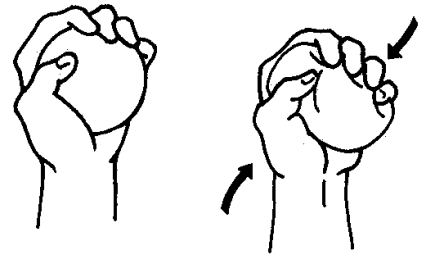
Support forearm on thigh. With palm turned up, bend wrist.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



With palm turned down, bend wrist.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

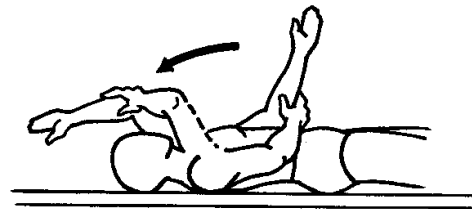
### 7. Hand Open and Close

Begin with elbow in a bent position.  
Open and close hand.  
Progress by squeezing sponge ball.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



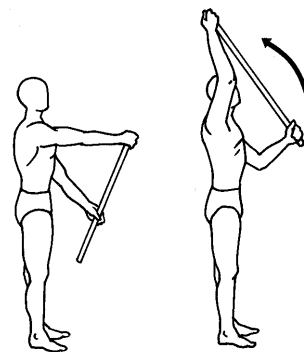
### 8. Supine AAROM Shoulder Flexion

Lie on back with upper arm supported with pillow at side.  
Point involved arm's thumb toward ceiling.  
Hold involved arm at elbow with non-involved hand.  
Slowly lift involved arm up with the assistance of the non-involved arm.  
Slowly return to start position.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



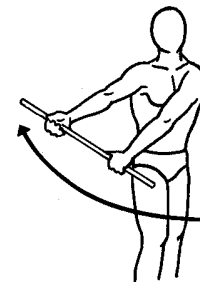
### 9. Standing AAROM Cane Shoulder Elevation

In standing position, grasp cane and slowly raise arm above head performing motion with non-involved arm.  
Slowly return to start position.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 10. Standing AAROM Cane Shoulder Abduction (in plane of scapula)

Sit or stand with cane in both hands, involved palm upward.  
Push cane out to the side as far as possible, good arm supplying the power.  
Return to starting position.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 11. Overhead Arm Raise, Wall Assist

Stand facing wall.  
Place involved forearm against wall with towel in hand.  
Hold involved side elbow with non-involved hand and slowly guide involved arm up wall.  
Slowly return to starting position.  
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 12. Pulley Shoulder ROM

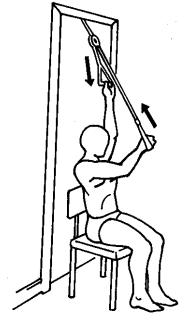
Secure pulley over door.

Sit in chair, facing away from door, with pulley in both hands, elbows bent.

Gently pull non-involved arm down, elevating involved arm, good arm supplying the power. Avoid shoulder shrugging during activity.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 13. Sitting Shoulder Flexion Stretch

Sit at edge of chair next to table or desk.

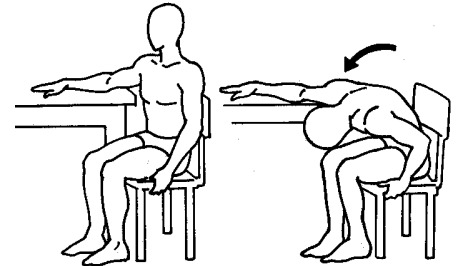
Place involved arm on surface with elbow straight.

Slide arm forward and slowly bend forward at hips as you slide back into chair.

Hold \_\_\_\_\_ seconds.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 14. Hands and Knees Shoulder Flexion Stretch (Preacher Stretch)

Assume hands and knees position.

(Hands directly below shoulders and knees directly below hips.)

Without moving hands, gently sit back onto heels until a strong stretch is felt at the involved shoulder.

Hold \_\_\_\_\_ seconds.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 15. Sitting Shoulder External Rotation and Abduction Stretch

Sit in chair next to table or desk.

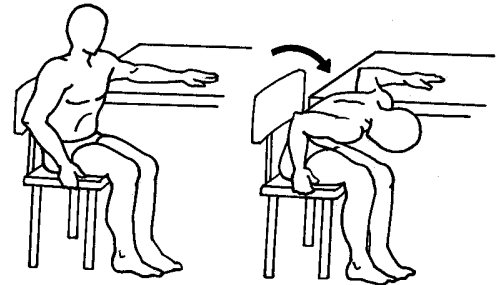
Place involved arm on surface with elbow bent.

Slowly bend forward at hips and shift trunk toward opposite knee.

Hold \_\_\_\_\_ seconds.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 16. Supine AAROM Shoulder External Rotation and Internal Rotation

Lie on back, upper arm supported with pillow at side. Place cane in involved hand.

Slowly push cane with non-involved hand to rotate arm away from body,

good arm supplying the power. Hold for 5 seconds.

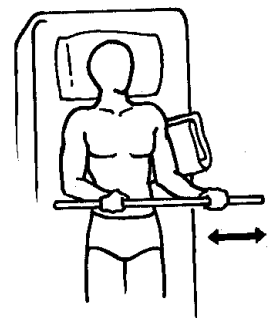
Then move arm toward body, good arm supplying the power.

Hold for 5 seconds. Return to starting position.

- Keep elbow bent and at side throughout motion.
- Progress to moving elbow away from body.
- Avoid shrugging shoulder.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 17. Cane Standing Shoulder External Rotation

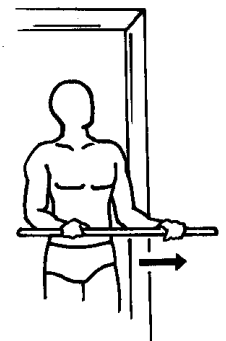
Stand in doorway with involved arm against door jam, elbow bent to 90°, and thumb pointing toward ceiling.

Hold cane in both hands and push gently with non-involved hand, rotating involved arm outward, good arm supplying the power. Hold for 5 seconds.

Return to starting position.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

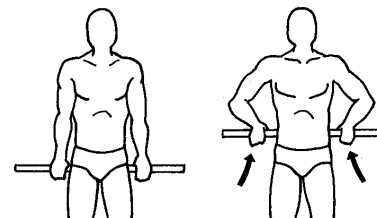
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 18. Cane Shoulder Internal Rotation

Stand with arms at side. Place cane behind back and hold with both hands. Slowly slide cane up. Hold for 5 seconds.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 19. Cane Shoulder Extension

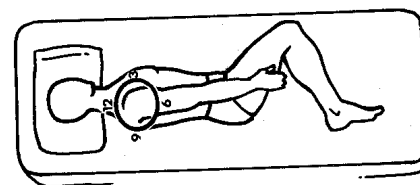
Stand with arms at side. Place cane behind back and hold with both hands. Push cane backward, good arm supplying the power. Hold for 5 seconds.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 20. Shoulder Blade Clock

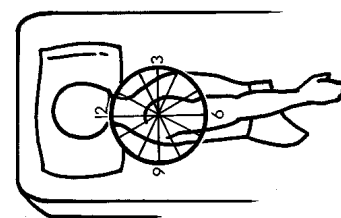
Lie on side with knees bent, arm on side. Imagine that your shoulder is the face of a clock. Number 12 is toward your head and number 6 is toward your feet. Let shoulder move toward 12. Let shoulders move uniformly toward each of the numbers of the clock in a clockwise direction. Repeat in a counterclockwise direction. Return to this activity after performing the following exercise to determine if control has improved.



### 21. Shoulder Blade Diagonals

Begin with shoulder blade resting in a middle of clock position. Move shoulder blade towards the 12 o'clock position and back to the middle. Repeat 10 to 15 times. Continue this exercise by moving shoulder blade from middle position to each of the subsequent numbers on the clock. Repeat 10 to 15 times. Again, emphasis is on least amount of effort to perform motion. If pain occurs, perform slower or smaller action. If pain continues, discontinue exercise.

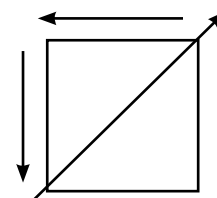
Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 22. Shoulder Blade Positioning/Shoulder Blade Box

Stand with knees bent, back straight and head tall. Imagine side of shoulder being a square box. Move both shoulder blades up and forward, then straight back, then let shoulder blades drop to a down and back position on rib cage.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



### 23. Shoulder Blade Retraction

Stand or sit with efficient posture. Pull your shoulder blades together, and in toward your spine. Hold for 5 seconds.

- Keep upper shoulder muscles relaxed.
- Shoulders should rotate outward and arms should not pass behind plane of body.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.

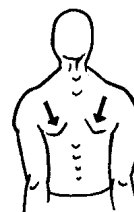


### 24. Shoulder Blade Posterior Depression

Pull your shoulder blades down and in toward your spine as if you were going to put them in your opposite back pocket. Hold for 5 seconds.

- Keep upper shoulder muscles relaxed.
- Arms should not pass behind plane of body.

Begin \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.  
Progress to \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ times/day.



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.