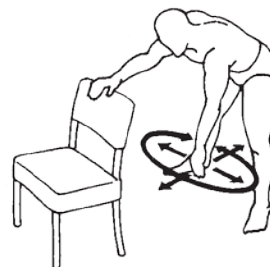


Shoulder: Post Operative Beginning Home Exercise Program

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

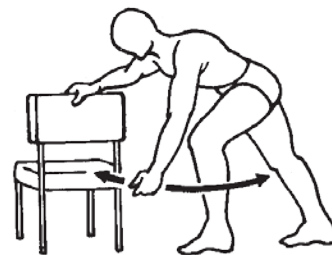
1. Shoulder Pendulum – Side to Side/Circular

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.



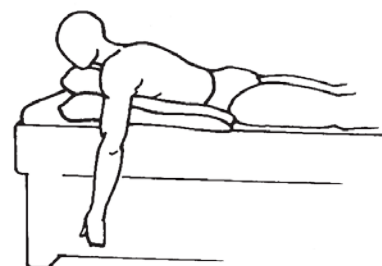
2. Pendulum – Forward/Backward

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.



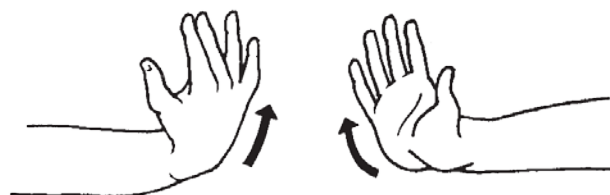
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6. Wrist Flexion/Extension

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

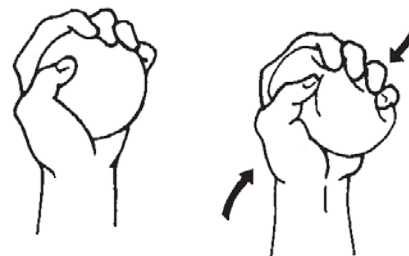
Begin with elbow in a bent position.

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.

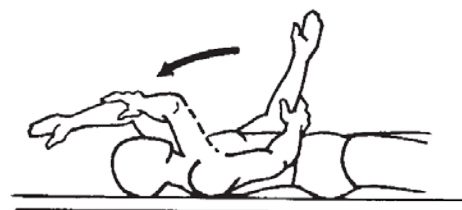
Hold involved arm at elbow with non-involved hand.

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.



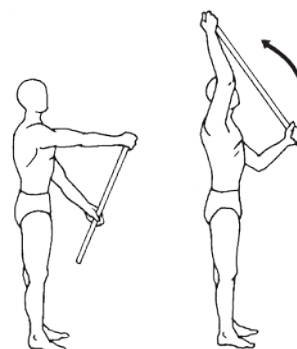
9. Standing AAROM Cane Shoulder Elevation

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.



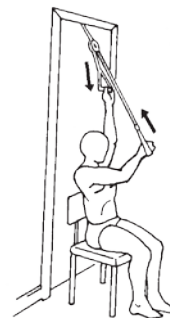
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12. Pulley Shoulder ROM

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.

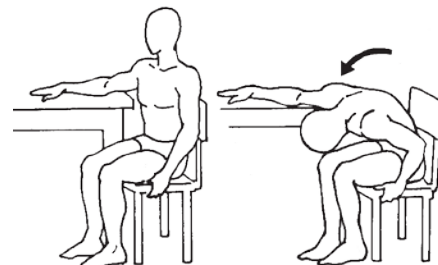
Place involved arm on surface with elbow straight.

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.

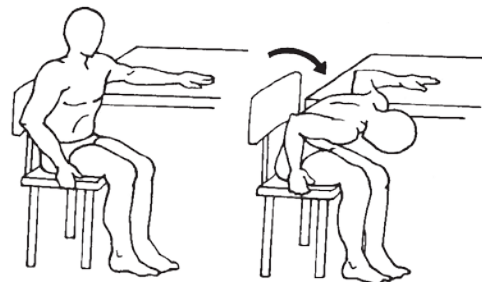
Place involved arm on surface with elbow bent.

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.

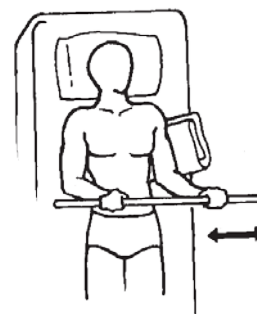
Then move arm toward body, good arm supplying the power.

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

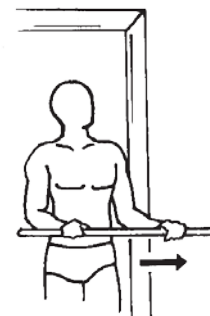
Stand in doorway with involved arm against door jam, elbow bent to 90°, and thumb pointing toward ceiling.

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.



Continued

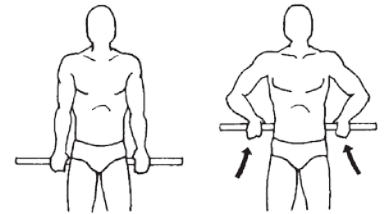
18. Cane Shoulder Internal Rotation

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.

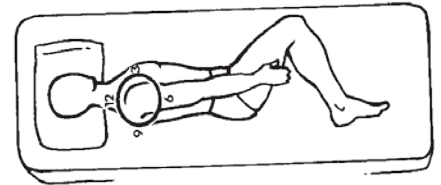
Progress to _____ sets _____ reps _____ times/day.



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.



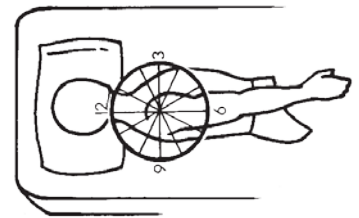
21. Shoulder Blade Diagonals

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.

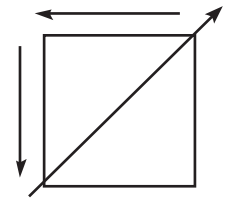


22. Shoulder Blade Positioning/Shoulder Blade Box

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

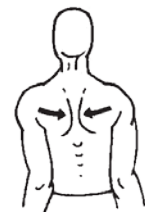
Stand or sit with efficient posture.

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.

