

Shoulder Surgery – Activity Guidelines

After your surgery, your arm will be placed in an immobilizer or sling. This is to be worn at all times as prescribed by your doctor, except when performing your prescribed exercises or when sitting quietly with your arm supported in the position instructed to you by your physical therapist.

NOTE: Perform only the exercises below that have been instructed to you by your orthopaedic physician or physical therapist.

You will notice pain and achiness at your shoulder after the surgery. Take the pain medication as prescribed by your physician. Also, it is imperative to ice your shoulder at least 3 times a day for 15-20 minutes after exercise to help decrease pain and inflammation.

If you experience significantly increased pain with any exercise, either decrease the number of repetitions or discontinue the exercise.

1. Pendulum – Forward/Backward

Lean on a sturdy object with your uninvolved arm. Position feet with a wide base of support, one leg in front of the other. Let your arm hang. Rock your hips forward and back, allowing your arm to passively follow the motion. Do not actively swing your arm.



Do ___ sets, ___ reps, ___ times/day

2. Elbow Bending

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

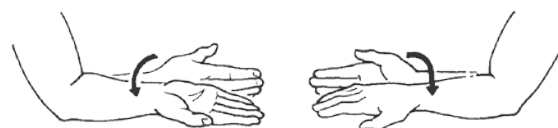


Do ___ sets, ___ reps, ___ times/day.

3. Forearm – Palm Up to Palm Down (elbow bent)

Turn palm up toward ceiling and down toward floor.

Do ___ sets, ___ reps, ___ times/day

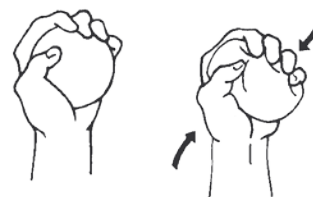


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4. Hand Open and Close

Begin with elbow in a bent position. Open and close hand. Progress by squeezing a ball.

Do ___ sets, ___ reps, ___ times/day



5. 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.

Do ___ sets, ___ reps, ___ times/day

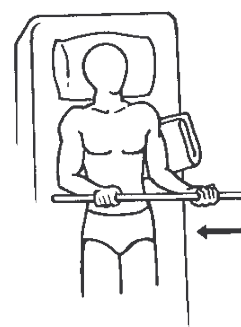


6. Supine AAROM Shoulder External Rotation and Internal Rotation

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 supplies the power, hold for 5 seconds. Then move arm toward body, good arm supplies 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.

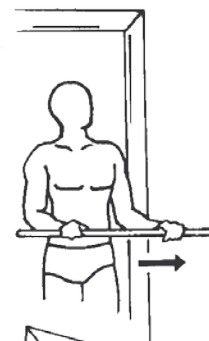
Do ___ sets, ___ reps, ___ times/day.



7. Cane Standing Shoulder External Rotation

Stand in doorway with involved arm against door jam, elbow bent to 90 degrees, and thumb pointing toward ceiling. Hold cane in both hands and push gently with non involved hand, rotating involved arm outward, good arm supplies the power, hold for 5 seconds. Return to starting position.

Do ___ sets, ___ reps, ___ times/day



8. 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 supplies the power. **Avoid shoulder shrugging during activity.*

Do ___ sets, ___ reps, ___ times/day

