

 **HUMPHREY SHOULDER CLINIC**

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Note: This information is provided for general educational purposes only. Because every individual is different, these instructions will not apply to every patient. Only your doctor can tell you what is appropriate for you.

Shoulder Postoperative Rehabilitation: Full Home Program

Name: _____

Date of Surgery: _____

Instructions:

1. Exercises should be started the day after surgery.
2. Do the exercise sessions 5 times per day. Spread the sessions out over the day.
3. Don't lift any objects with your surgical arm.
4. Avoid sudden or jerky movements.
5. The one motion you should totally avoid is pulling inward toward your belly against resistance.
6. It is best to space the exercise sessions out throughout the day, every 2-3 hours, to maintain flexibility during this important time of healing.
7. Do not use the surgical arm to push oneself out of bed or out of a chair.
8. In your exercise kit you were given some colorful elastic stretching bands. Do not use these bands for the first three months after your surgery unless instructed to do so by your physician. Your physical therapist will instruct you on how to use these at that time.

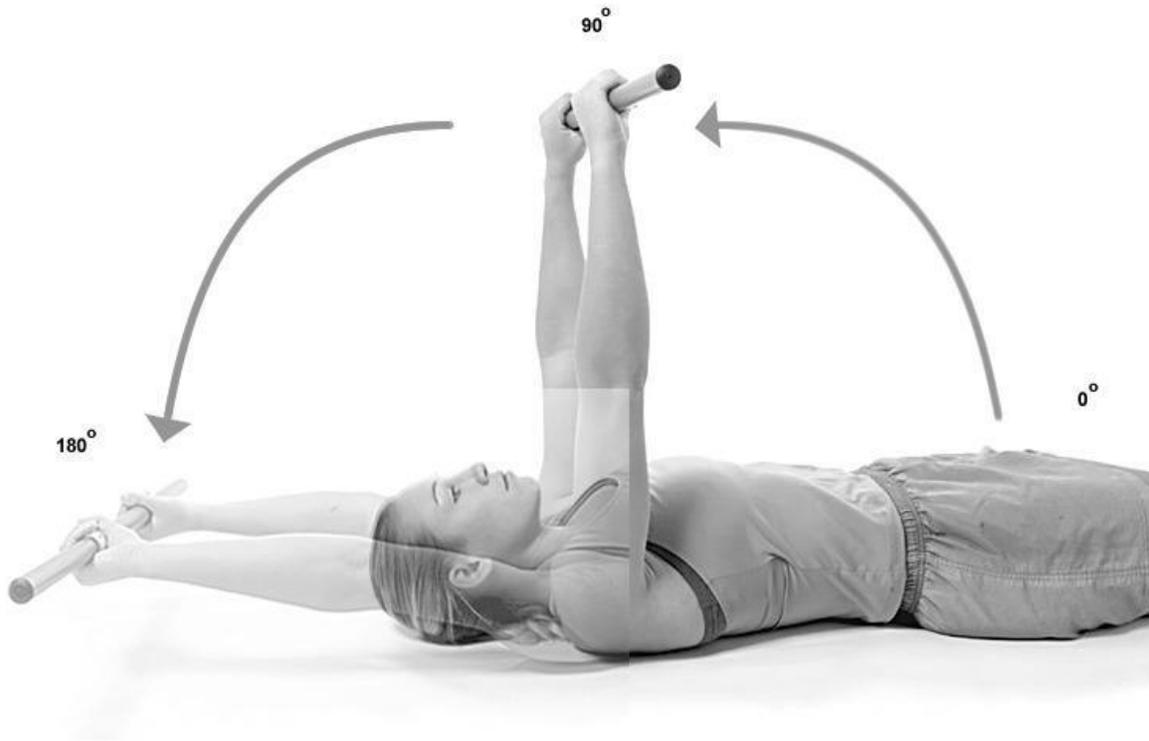
**More patient education resources are available at
www.boiseshoulderclinic.net**

Exercise 1



Pendulum Exercise

1. Lean forward and use your unaffected arm to support you. You should lean forward more than the person pictured above.
2. Let your surgical arm hang loosely.
3. Move your body in a circular motion. This will cause your surgical arm to swing.
4. Note that it is the active motion of your body that causes the arm to move. You should not attempt to make the arm swing on its own.
5. Do this exercise for at least two minutes.



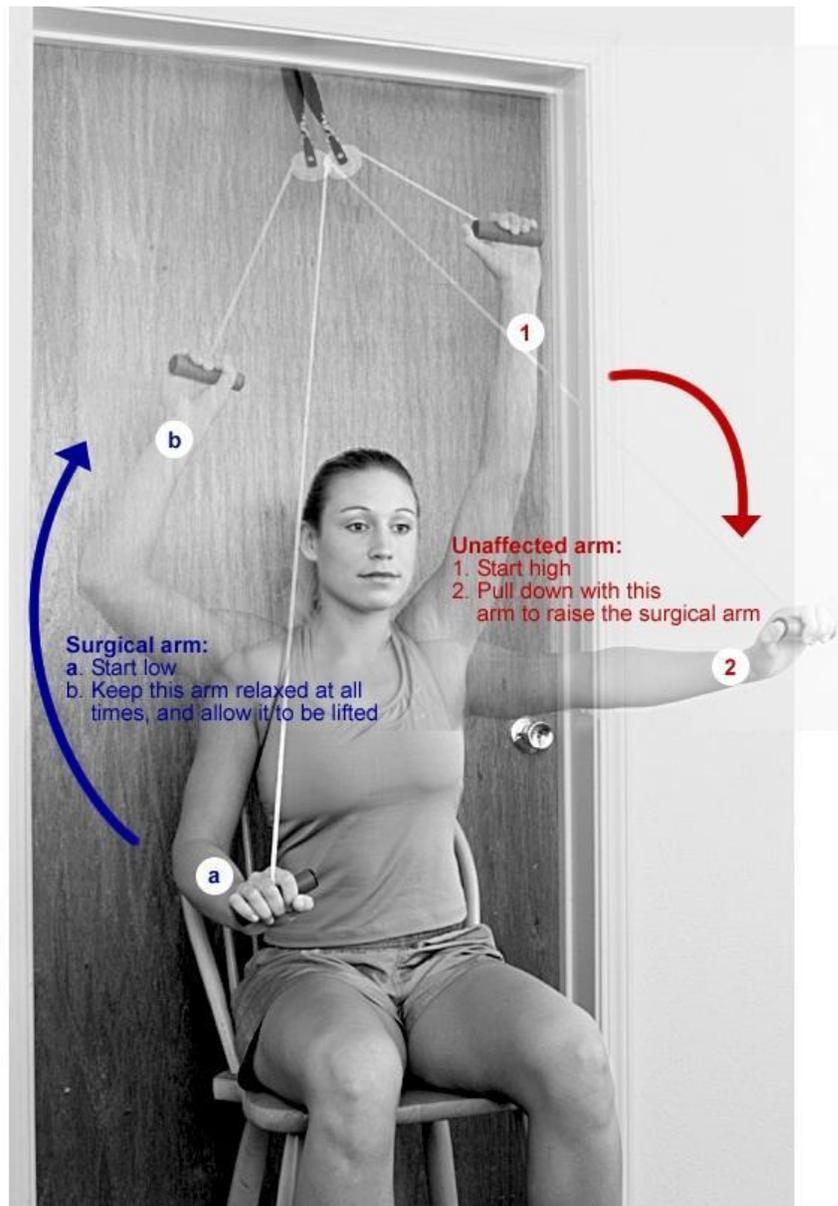
Exercise 2

Shoulder Flexion

1. Lie on your back as shown. Clasp your hands together, or hold the bar with both hands as shown (*you do not need a bar to do this exercise, but if using a bar, place your hands close together*).
2. Raise both hands over head so that you feel a stretch. Your surgical arm should be totally relaxed. Your range of motion should increase as each day passes.
3. Hold 10-30 seconds.
4. 5-10 repetitions, 5 times per day.

Goal: 140 degrees of elevation comfortably.

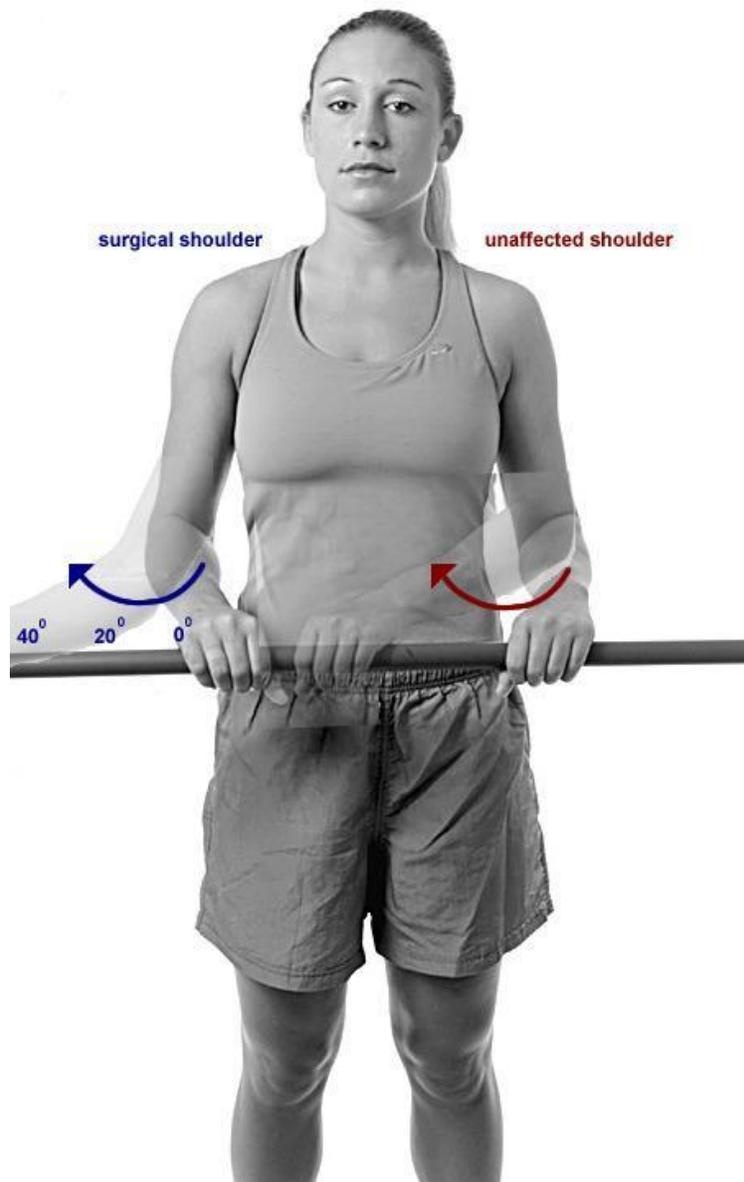
Exercise 3



Shoulder Flexion with a Pulley

Note: this may be substituted for Exercise 2

1. Sit in a chair with pulley assembled as shown.
2. Raise the surgical arm overhead pulling down on the pulley with the other hand for assistance so that you feel a stretch.
3. Hold 10-30 seconds, and then slowly let gravity lower your surgical arm.
4. 5-10 repetitions 5 times per day.
5. Do NOT use the surgical arm to lift the other arm.



Exercise 4

Shoulder External Rotation with the Elbow at the Side

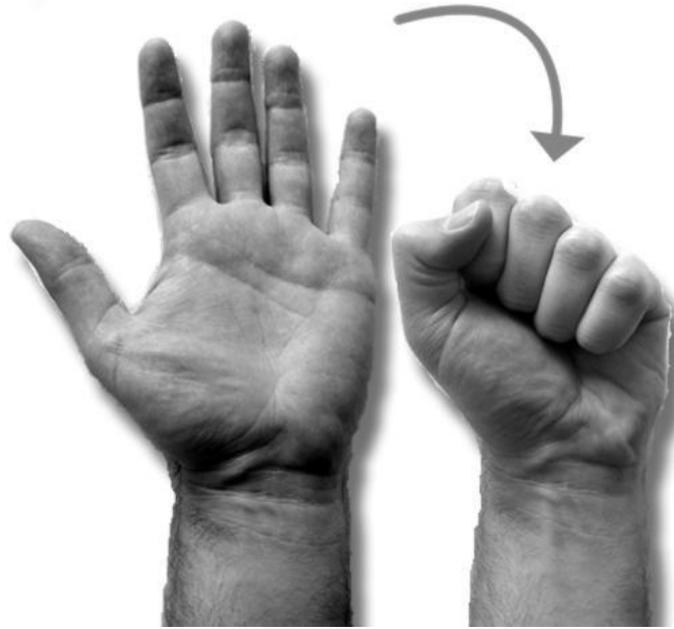
1. Stand up with elbows bent to 90 degrees, holding stick across your waist.
2. Using stick for assistance, rotate your surgical arm and fore arm away from your body to ___degrees BUT NO FURTHER.
3. Keep your elbows close to your sides at all times.
4. Hold 10-30 seconds.
5. 5-10 repetitions, 5 times per day.

Goal: 40 degrees of external rotation after one month.



Exercise 5
Elbow Extension and Flexion

1. Keep your surgical shoulder stabilized while performing these exercises.
2. Straighten and bend your arm at the elbow.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. This can be performed sitting or standing.



Exercise 6

Hand Exercises

1. Fully extend the fingers of your surgical upper extremity's hand.
2. Squeeze your fingers together to make a fist.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. You can perform this exercise with the sling on or off.