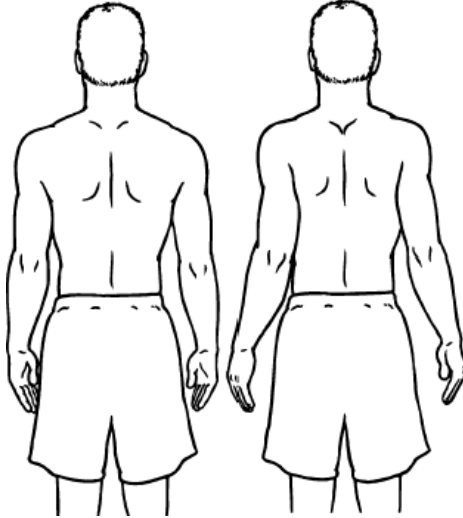




Home Exercise Program for Shoulder Rehabilitation after Shoulder Surgery
 See back for further details

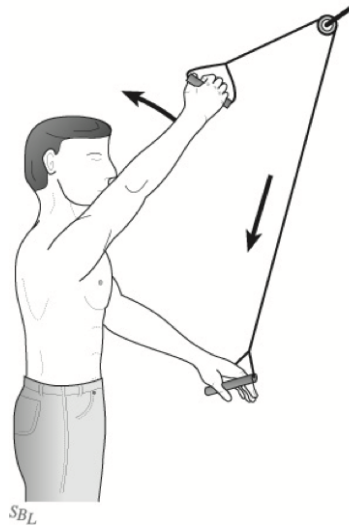
Phase I

After Surgery: Days 1-14
 3 x day for 15 repetitions



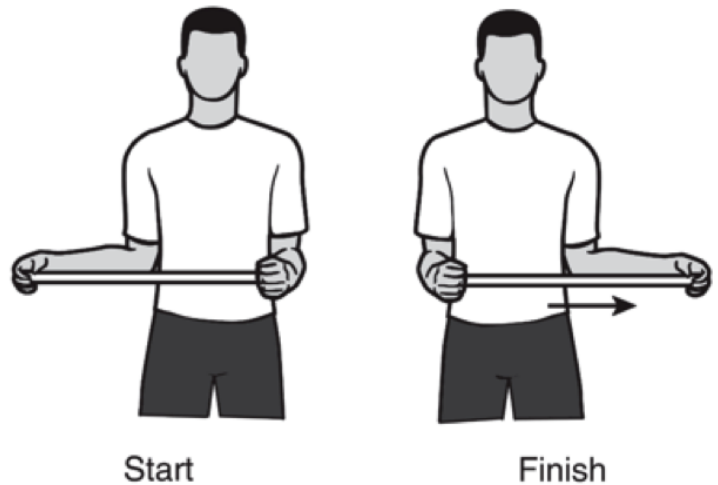
Phase II

After Surgery: Weeks 2-6
 3 x day for 15 repetitions
 + Phase I



Phase III

After Surgery: Weeks 6-12
 1-2 x day 10 repetitions
 + Phase I & II



Shoulder Rehabilitation following Shoulder Surgery

Sling wear:

When you are wearing your sling, please ensure your hand is in front of your navel (belly button; see figure 1). Do not put the hand to the side as this may put unnecessary stress on the repair or reconstruction (see figure 2)

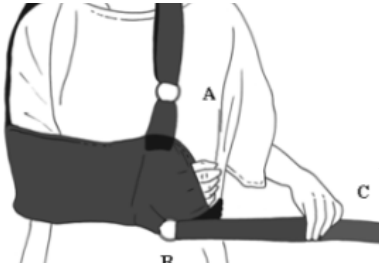


Figure 1

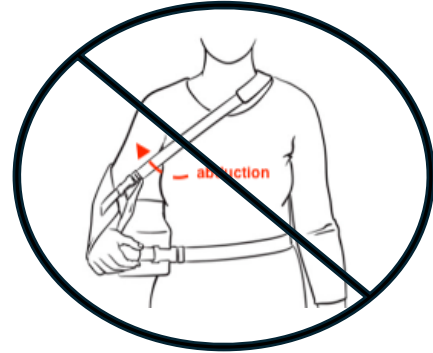
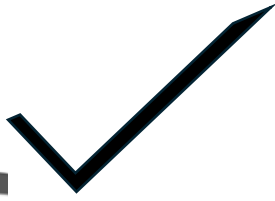


Figure 2

Phase I: *Starting the very next day after your surgery and will continue for a total of 2 weeks.*

Scapular Retraction & Passive Elbow Flexion

Begin to reengage your shoulder stabilizer muscles and to allow the passage of blood return/lymphedema in your extremity.

Phase II: *Starting after your first postoperative visit (10-14 days after surgery)*

Door Pulley's & Table slides

The door pulley is an exercise using your nonoperative arm to pull the pulley down and pull your operative arm up.

Table slides should be done with your elbow on the table. Use a towel underneath your arm to make this easier.

Phase III: *Start this between 6-8 weeks (exception: shoulder replacement start at 12 weeks)*

Sleeper Stretch & Passive External Rotation

These are simple stretches, not resistance exercises. If you need guidance, discuss with your therapist.