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## Shoulder Surgery- Initial Postoperative Exercises

### Rehabilitation Goals

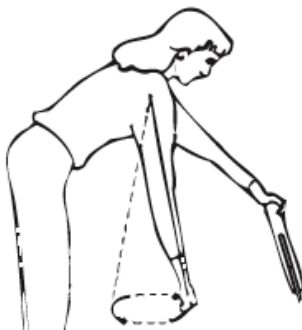
- Protect healing structures
- Decrease pain and swelling
- Increase passive range of motion

### Patient Education/Guidelines

- The following exercises were designed to help you regain the use and movement of your shoulder following surgery.
- These exercises may begin on day 2 or 3 after surgery.
- You will be instructed on when to begin further postoperative physiotherapy protocols
- Active motion means using your own muscle power to do the movement.
- Passive motion means using your unaffected arm or an assistive device (i.e. pulley or stick) to move the extremity.
- You should not attempt to raise your arm overhead or lift your arm away from your side under your own muscle power (active motion) for the first 2-6 weeks following surgery depending on the type of procedure you have undergone.
- You may stretch your arm overhead with your unaffected arm (passive motion).
- Your sling should be worn between exercises and at night for the first 2 weeks following surgery to help you remember not to reach up with your arm.
- Sling use may be upwards of 4-6 weeks if you have undergone a tendon/ligament repair procedure.

### Home Exercise Program

- Perform the exercises slowly and within a pain-free range.
- Use an ice pack or PolarCare for 20-30 minutes immediately following exercises as needed for discomfort.
- A sling must be worn between exercises and at night to protect the repair and/or rest your shoulder as instructed.



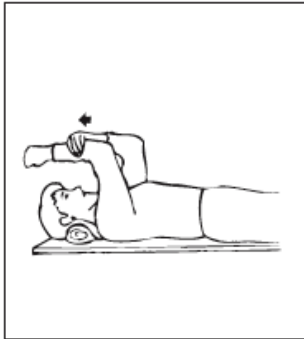
### Warm Up Exercises

- Remove your sling and perform this exercise every hour for five minutes.
- Place the unaffected hand on the back of a chair for stability.
- Bend forward at the waist with the affected arm dangling toward the floor. Move your body (not your arm) in a circular manner (clockwise).
- Repeat in a counter-clockwise direction.
- Do the same exercise only move your body forward and backward allowing the arm to swing like a pendulum.

## Passive Range of Motion Exercises

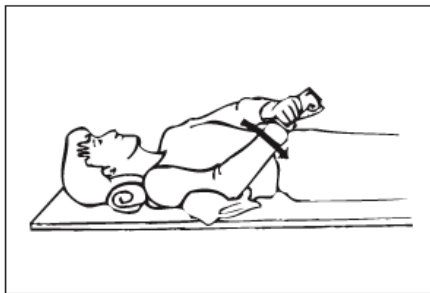
- Initially perform 5 repetitions of the following exercises 4 times a day. Hold each position for a count of 5.
- As you become more comfortable, increase to 10 repetitions of each exercise 6 times a day.
- Perform the exercises slowly and within a pain-free range.
- Until your postoperative pain decreases, it may be more comfortable to have someone else assist you with these exercises.

Elevation



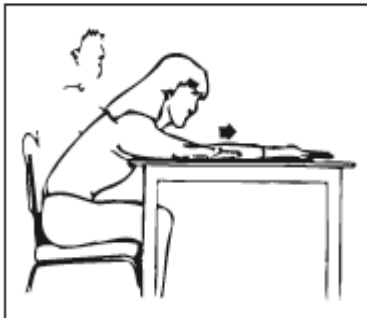
Lying on your back, grasp the forearm of your affected arm with your unaffected hand. Lift your affected arm as far overhead as you can comfortably tolerate. As this exercise becomes less difficult, try to do it standing.

Internal Rotation



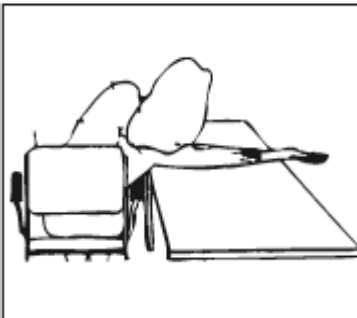
Lying on your back with a pillow under the elbow, place your elbow away from your side approximately 6 to 8 inches. Bend your elbow to a 90 degree angle. Using your unaffected hand, try to bring your arm down, attempting to touch your hip. The movement should come not from bending the elbow, but instead from the shoulder rotating.

Elevation



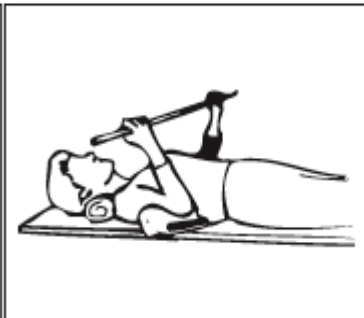
Sit with your forearm resting on a table with the elbow slightly bent. Slide your forearm forward while bending from the waist. Hold the end range of motion 10 seconds.

Abduction



Sit with your forearm lying across the table with your palm up. Bend sideways at your waist allowing your arm to slide across the table. Hold the end range of motion 10 seconds.

External Rotation



Hold a cane, dowel rod, or yardstick in both hands. Keeping the upper arm of your affected shoulder close to your side, bend your elbows to 90°. Using your unaffected hand, push your affected hand away from your side.