

## POST-OP SHOULDER REHABILITATION PROGRAM

**TO BE PERFORMED \_\_\_\_\_ TIMES DAILY**

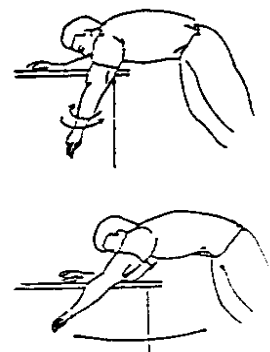
**\*ICE:** Apply ice to shoulder for 20 minutes before and after rehabilitation program. As needed for pain/swelling, apply ice to shoulder 20 minutes out of every hour.

### Grip:

Grip apparatus, putty, small rubber ball, etc. Use as continuously as possible all day long. (Not shown)

### Pendulum:

Lean over table, supporting body with uninvolved arm. Let involved arm hang straight down in a relaxed position. Move your hips to cause the shoulder to move first side-to-side and then in circles, forward, and backward. Begin with small movements and gradually increase. Shoulder should move passively. Repeat \_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily, \_\_\_\_\_ weekly.



### Rope and Pulley:

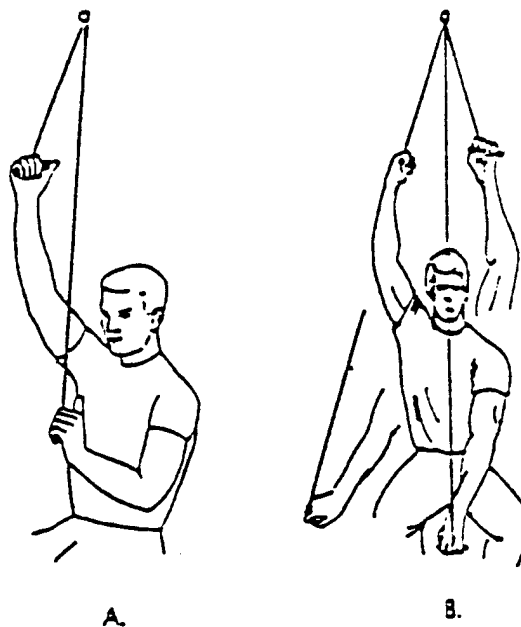
The overhead rope and pulley should be positioned in doorway. Sit in chair with back against door, directly underneath pulley.

#### A. Shoulder Flexion:

With elbow straight and thumb facing upward, raise involved arm out to the front of body as high as possible. Assist as needed by pulling down with uninvolved arm. Hold overhead 5 seconds and repeat.

#### B. Shoulder Abduction:

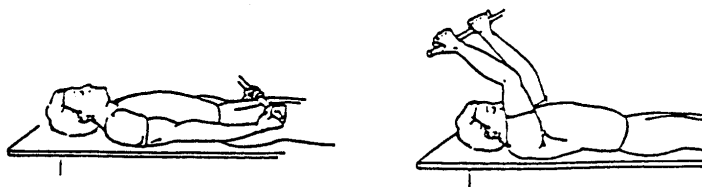
With elbow straight and palm against side, raise involved arm to the side of body as high as possible, turning the palm up as you approach 90°. Assist as needed by pulling down with the uninvolved arm to control lowering and repeat.



### T-Bar Exercises:

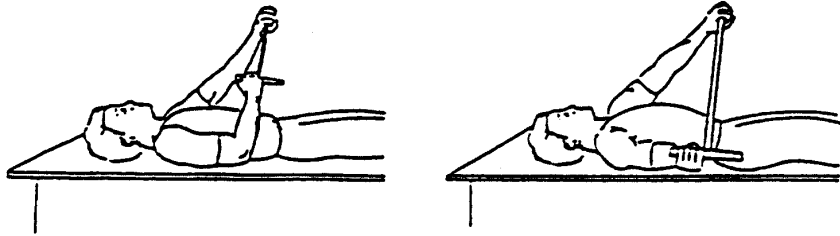
#### A. Shoulder Flexion:

Lie on back and grip T-bar between index finger and thumb, elbows straight. Raise both arms overhead as far as possible keeping thumbs up. Hold for 5 seconds and repeat.



**External Rotation:**

A. Lie on back with involved arm against body and elbow bent at 90°. Grip T-bar handle and with uninvolvement arm, push involved shoulder into external rotation. Hold for 5 seconds. Return to starting position and repeat.



**Flexion:**

Standing in doorway facing out the doorway, place involved arm in front of you, place forearm and hand on doorframe and push as if to raise arm overhead. Hold submaximal force for 8 seconds and repeat.



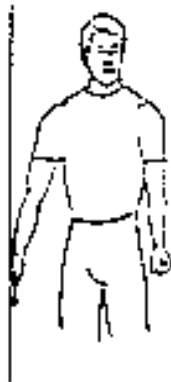
**Internal Rotation:**

Standing against a wall or in a doorway with arm at side and elbow bent to 90°, press front of forearm into surface. Hold a submaximal force for 8 seconds and repeat.



**Abduction:**

Standing against a wall or in a doorway with involved arm at side, press back of forearm into surface. Keep arm at side with elbow straight. Hold a submaximal force for 8 seconds and repeat.



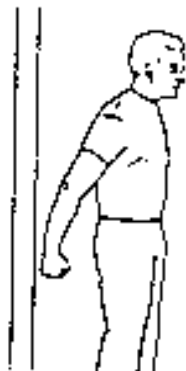
**External Rotation:**

Standing against a wall or in a doorway with arm at side and elbow bent to 90°, press back of forearm into surface. Hold a submaximal force for 8 seconds and repeat.



**Extension:**

Standing in doorway, and in front of doorframe, place involved arm behind you slightly, push backward into doorframe. Hold submaximal force for 8 seconds and repeat.



**Elbow Flexion:**

Use uninvolved arm to hold involved elbow at angles of 45, 90, and 135°. Flex elbow into uninvolved hand keeping elbow still. Hold a submaximal force for 8 seconds and repeat. Perform \_\_\_\_\_ repetitions at each angle.

