

## Shoulder Replacement Post-operative Exercises

### Phase I

- Exercise and movement are important following surgery. Muscle contractions through exercise release nitric oxide, which decreases inflammation, aids in wound healing and helps prevent stiffness.
- Be sure to squeeze the ball attached to your UltraSling throughout the day.
- Exercises: You may stand or sit. Complete each exercise 20 to 30 times and repeat each set three to four times daily. You can continue to wear your Ultra-Sling while performing these exercises.

**Wrist Circles:** Start with your forearm supported by your other hand and move your hand in a circle. Complete clockwise, and then counterclockwise.



**Forearm Pronation and Supination:** Start with your elbow at your side and forearm at a 90° angle. Rotate your palm from up to down position and then repeat.



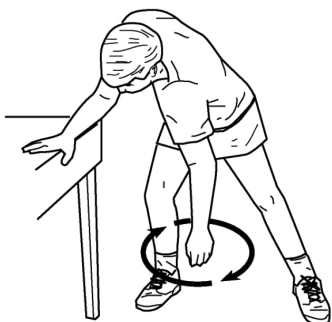
**Shoulder Shrugs:** Move your shoulder blades up, pinch them together, then lower back down to resting position.



**Elbow Flexion and Extension:** Make a fist with your palms up. Start with your arm at your side, your elbow fully extended. Bend your elbow up towards your shoulder keeping your arm next to your body, then return your arm to the starting position.



**Pendulums:** Use a table for support; relax your surgical extremity. Allow your upper extremity to swing in circles. **Do not actively move your shoulder!** Use the motion of your body. Start with one minute and progress to two minutes, three to four times per day.

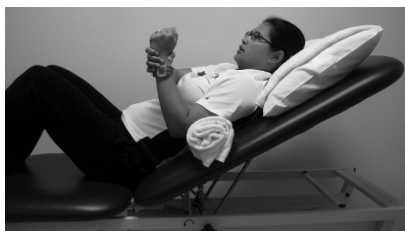


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**Passive External Rotation (10°) with Abduction (30°):** On your back and reclined, place rolled towel between elbow and your body (for 30° of abduction). Hold wrist of involved arm with the other hand, keep elbow of involved arm bent at 90°. Move your forearm away from your body approximately 10° (1.5 inches) past neutral. Perform 5 reps. Hold for 5 to 10 seconds. Complete 3 to 4 times per day.



Start Position



End Position



Neutral

## Phase II

- Exercises will start with a therapist after you have been back for your first post-operative visit.
- In some cases this time-frame may be delayed due to the type of repair performed or the quality of tissue in your shoulder.
- Therapy is suggested 2 to 3 times per week, usually for 8 to 12 weeks.