
Home Exercise Program Phase III – Shoulder Arthroplasty

General Instructions

- I recommend applying heat to your shoulder for 5 minutes to warm-up and then icing your shoulder for 15 minutes after completing these exercises. Do not apply heat or ice directly to skin.

Recommended Equipment



[QUICKLY VIEW/PURCHASE USING QR CODE BELOW](#)

Shoulder Pulley Over The Door Physical Therapy System,
Exercise Pulley, Alleviate Shoulder Pain and Facilitate
Recovery from Surgery, FSA/HSA Eligible



-
- A paper plate or towel
- A cane, pole, or other straight rod/object

Active range of motion

- These exercises should be done slowly and gently, a mild stretch is okay but pain is not
- Full motion is allowed at this point in your recovery – there are no limits.

❖ Active Range of Motion

- **Instructions:** Work on active motion (unassisted by another person or other hand) in shoulder flexion (out in front of your body), abduction (away from your body to the side), and external rotation (rotating away from your body). At the limit of your motion, hold this position for 3 seconds and then return to start.
- **Repetitions:** 30
- **Daily:** 3 times daily
- **Weekly:** Every day

❖ Passive Range of Motion

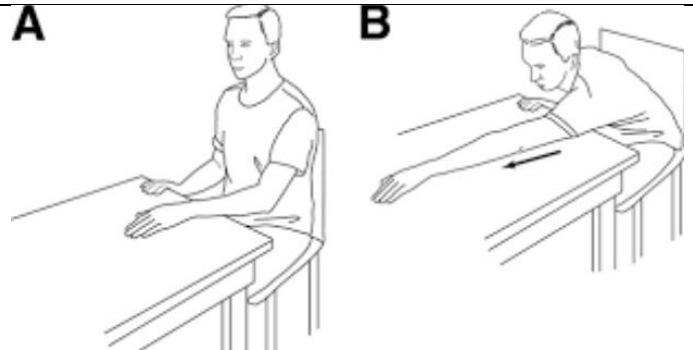
- **Instructions:** Continue working on advancing your passive motion in forward flexion (in front of your body) and external rotation as instructed in your Phase II Home exercises
- **Repetitions:** 30
- **Daily:** 3 times daily
- **Weekly:** Every day

❖ Table slides

Instructions: Place a paper plate or towel on a table with your operative arm and slowly push the plate/towel away from your body, while bending forward. Continue this motion until a stretch is felt and hold this stretch for 3 seconds until returning to start.

Limits to motion:
To tolerance (do not force)

Repetitions: 30
Daily: 3 times daily
Weekly: Every day

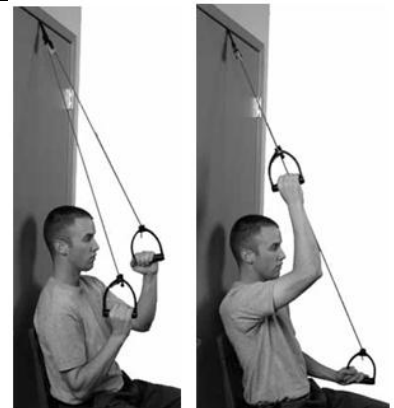


❖ Shoulder pulley

Instructions: While seated, facing away from the door/pulley, pull the cord in your non-operative hand down to raise your operative arm until a stretch is felt. Hold this stretch for 3 seconds and then slowly lower.

Limits to motion:
To tolerance (do not force)

Repetitions: 30
Daily: 3 times daily
Weekly: Every day



Scapular Stabilization Exercises (unweighted)

❖ Seated Scapular Retraction

Instructions: While seated and your arms at your side, squeeze your shoulder blades together. Hold for 3 seconds and then release

Repetitions: 30
Daily: 3 times daily
Weekly: Every day



❖ Seated Scapular Shrug

Instructions: While seated and your arms at your side, raise your shoulder/scapula towards your ears without raising your arm. Hold for 3 seconds and then release

Repetitions: 30

Daily: 3 times daily

Weekly: Every day



❖ Seated Scapular Protraction

Instructions: Lie on your back with your arm extended out in front of your body and towards the ceiling. While keeping your elbows straight, push your arm towards the ceiling to protract your shoulder scapula. Keep your elbow straight the entire time.

Repetitions: 30

Daily: 3 times daily

Weekly: Every day



❖ Scapular wall clocks (no resistance band)

Instructions: Face a wall and bend both elbows, placing your forearm on the wall at shoulder height. Imagine a clockface in front of you on the wall. Move your elbow/arm to try and touch each hour on the clockface (right arm 12-6 and left arm 6-12 o'clock)

Do not use an elastic band as in the photo at this point in your recovery (<12 weeks from surgery)

Repetitions: 5

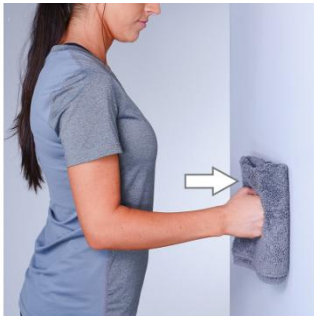
Daily: 3 times daily

Weekly: Every day



Isometric Exercises

Isometric exercises are when you apply a force without moving your arm or joint. These exercises are done gently until resistance is felt. These should not be done forceful enough to move your body.



SHOULDER - ISOMETRIC FLEXION

Place a small folded towel between your hand and a wall. Gently push your fist forward into a wall with your elbow bent. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



SHOULDER - ISOMETRIC EXTENSION

Place a small folded towel between your elbow and a wall behind you. Gently press your elbow back against the wall/towel. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



SHOULDER - ISOMETRIC ABDUCTION

Place a small folded towel between your elbow and a wall. With your elbow bent to 90 degrees, gently push your elbow out to the side into the towel/wall. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day