

## Home Exercise Program Phase II – Shoulder Arthroplasty

### General Instructions

- You may come out of your sling to perform these exercises.
- 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

### Passive and active-assist range of motion

- **Passive motion exercises** are completed by using your non-operative arm or another person to move your operative arm without using your operative arm's muscles
- **Active-assist motion exercises** are performed by using your non-operative arm to support your operative arm while you are actively using your arm's muscles
- These exercises should be done slowly and gently, a mild stretch is okay but discomfort and pain are not

#### ❖ Forward elevation

##### **Instructions:**

While sitting in a chair, clasp the hand of the affected arm and slowly raise it up upwards. Both arms can help to raise the arm.

##### **Limits to motion:**

To tolerance (do not force)

##### **Repetitions:** 30

**Daily:** 3 times daily

**Weekly:** Every day



#### ❖ External rotation

**Instructions:**

While sitting in a chair, use a pole, cane, or other straight object to gently push the hand of your operative arm to the side. Keep a towel tucked between the elbow of your operative arm and keep elbows bent to 90 degrees.

**Limits to motion:**

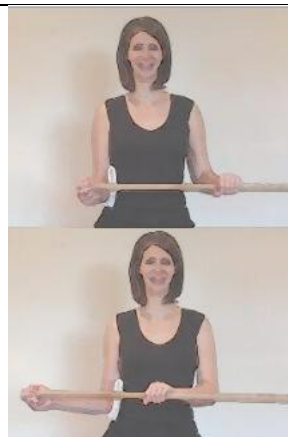
0-6 weeks after surgery: < 30 degrees from your side

6+ weeks after surgery: no restriction

**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.

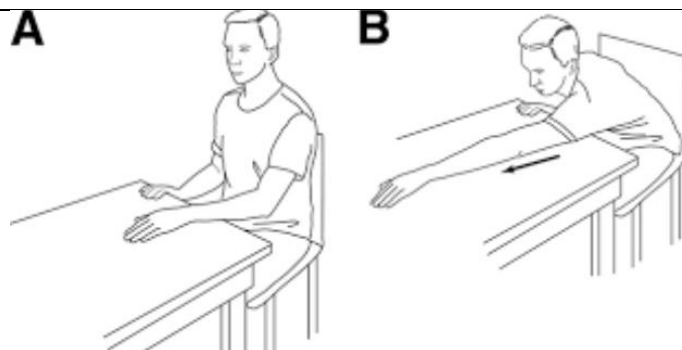
**Limits to motion:**

To tolerance (do not force)

**Repetitions: 30**

**Daily:** 3 times daily

**Weekly:** Every day

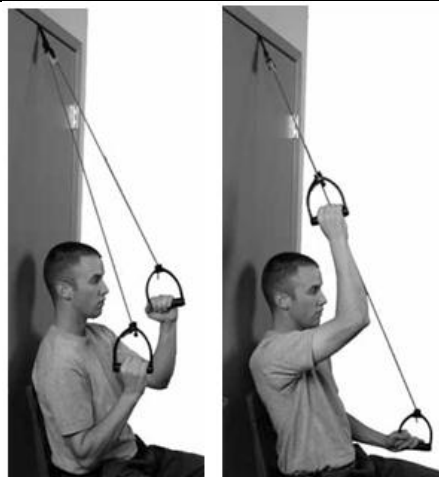


❖ **Shoulder pulley**

**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

