

Physical Therapy at Home – Shoulder

Y P a S R a c E c P a

Between the time of your surgery and your first outpatient physical therapy appointment, there are exercises that you should complete at home in order to prevent excessive stiffness & improve mobility of your arm. Each of the following exercises should be performed 3-5 times per day for 10-20 repetitions.

Wrist Flexion/Extension: While in your sling, slowly bend your wrist back and forth as far as you are able.

Use your other hand to assist and apply a gentle stretch. Hold for 5 seconds at each position.

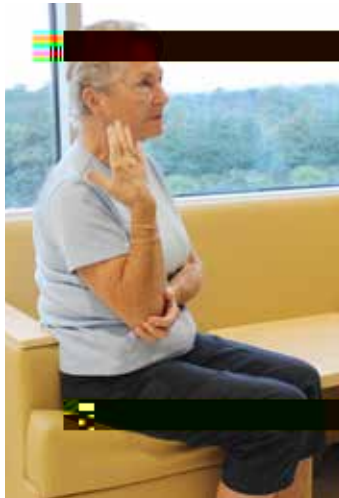


Ball/Towel Squeeze: Squeeze a ball or rolled up towel and hold for 3 seconds



Elbow Flexion/Extension: *(Remember: You may not take your sling off for 24 hours after surgery. Do not perform this exercise until then.)*

Carefully take arm out of sling, keep arm at your side. With the help of your nonsurgical hand, gently bend and straighten your elbow through a comfortable range. Hold for 5 seconds at each position.



Standing Arm Hang Passive Flexion Stretch: *(Remember: You may not take your sling off for 24 hours after surgery. Do not perform this exercise until then.)*

Slowly bend forward at the waist to allow your arm to hang towards the floor.

This is the position that should be used to put on a shirt as well as wash your underarm or apply deodorant.

