

SHOULDER REHABILITATION

Stage 1 - From surgery to 2 weeks. Exercise No.'s 1-5 CAN be done hourly if possible. Exercise No.'s 6 - 12 do up to 4 times per day, ice after exercising.

1. Neck Stretches - Lateral Flexion



Take ear towards shoulder and hold for 10 seconds. Repeat on both sides once. Do hourly.

2. Neck Stretches - Rotation



Look over your shoulder and hold for 10 seconds. Repeat on both sides once. Do hourly.

3. Wrist circles



Starting position. Support elbow so as to take pressure from the shoulder and then circle clockwise x 10 times and repeat anticlockwise x 10 times. Do hourly.

4. Wrist flexion / extension



Same as for wrist circles except move wrist up and down x 10 times. Do hourly.

5. Shoulder Setting



Gently squeeze shoulder blades backwards and down. Hold for 5 seconds. Repeat x 5 times. Do hourly

6. Passive External Rotation



Sit with your arm resting on a pillow, across your body. Use your good hand to gently rotate your operated arm outwards, keeping your elbow by your side. Repeat x 10

SHOULDER REHABILITATION

Stage 1 - From surgery to 2 weeks.

7. Pendular circles



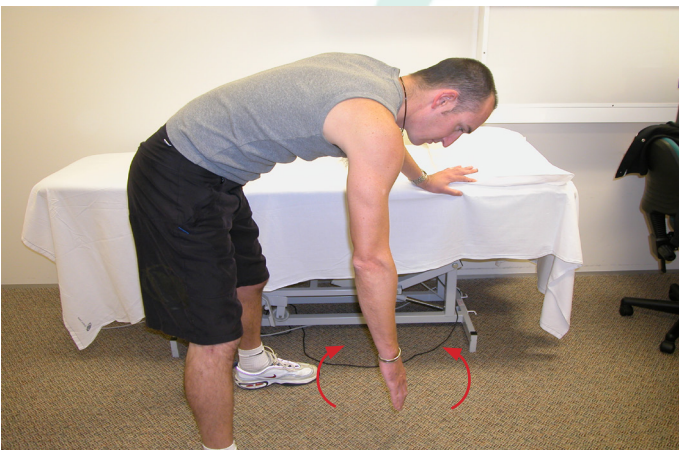
Support arm and circle the arm in both directions and across your body. Remember **NO PAIN** and small circles 10 x each way.

8. Passive standing stretch



Hold onto edge of table. Walk back gently feel the stretch. Hold 10 seconds and repeat x 10.

9. Pendular circles



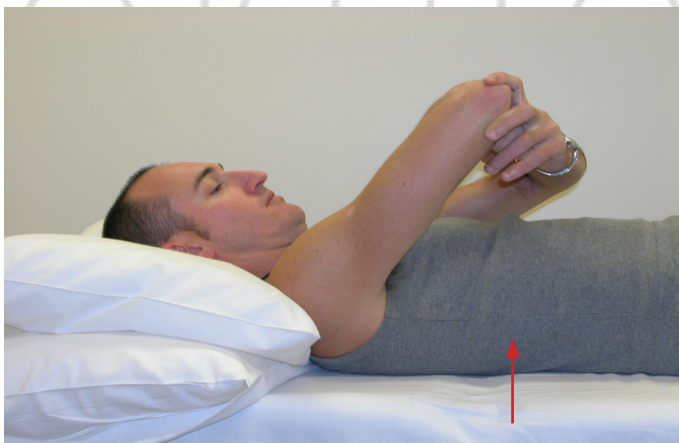
Arm straight rotate clockwise then anticlockwise. Gradually making bigger circles. 3 x 20 each way.

10. Pendular across body



Pendular movements across the body. 3 x 20 each way.

11. Supine active assisted flexion



Support your injured shoulder by the elbow and raise to **the pain limit** holding for 10 seconds. Repeat x10.

12. Elbow flexion / Extension



Lying in bed with your arms supported on a pillow, gently straighten and bend your arm (sliding your hand on your body). Repeat x 10.
(last exercise) - rest in this position for 15 to 20 minutes while icing

SHOULDER REHABILITATION

Stage 2 - 2 to 6 weeks.

Do up to 4 times daily

1. Walking fingers up wall



Support operated arm against wall. Start down low with elbow bent and slowly walk fingers up wall. Do not work through pain. Repeat x 5.



2. Scapula holds



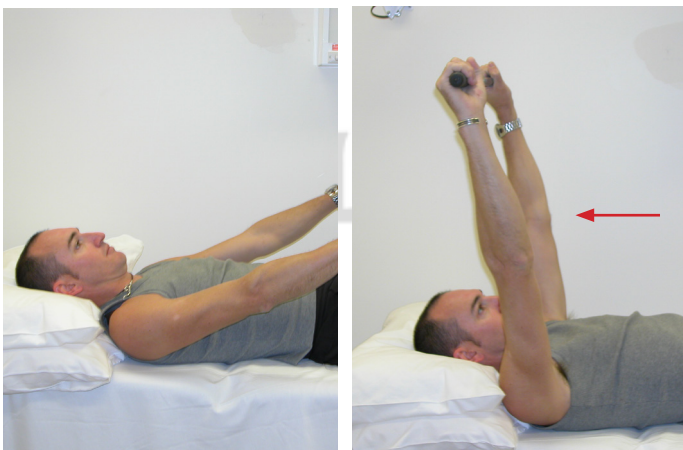
With the arm straight apply pressure into the wall and squeeze the shoulder blade muscles. Hold for 10 seconds. Select 3 other positions on the wall and repeat in turn. Repeat x 3.

3. Trunk rotation



With arm in comfortable position twist the upper body from left to right. Repeat x 10.

4. Broom handle - supine flexion



Raise broom handle as far as possible then lower down to your thighs. Repeat x 10.

5. Broom handle - internal / external rotation



Set the shoulder first. With the good arm doing the moving rotate the arm out to the side, then bring it back in. Always keep your elbow against your side. 3 x 10

SHOULDER REHABILITATION

Stage 2 - 2 to 6 weeks.

6. Home pulley system



Set up the pulley system as above. Pull down with good arm to raise the injured shoulder. Repeat 3 x 10.

7. Bicep curls



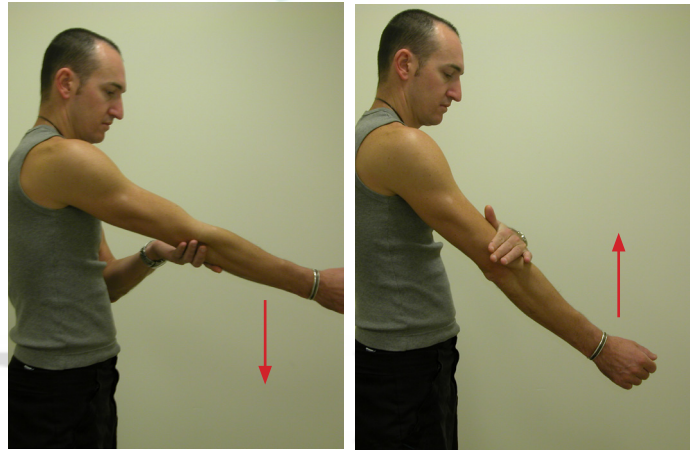
Bend elbow only whilst keeping the shoulders set. Increase weight as you go. Repeat 3 x 10.

8. Isometric internal / external rotation



Same exercise but rotate the arm outwards and inwards. Hold for 10 seconds and repeat x 4 for both directions.

9. Isometric flexion / extension



Gently push arm forwards with the good hand offering resistance, push down so there is NO MOVEMENT. Hold for 10 seconds and repeat x 4 for both directions.

10. Alphabet



Push shoulder into the bed – set shoulder. Write the alphabet from A-Z
No 10 AND 11 ARE MORE ADVANCED SO DO THEM AS PAIN ALLOWS.

11. Arm circles - set scapula 45°



Set scapula by pushing back of shoulder against the wall. Rotate the arm clockwise x 10 then anticlockwise x 10. Repeat x 3 (this exercise is difficult - only do if able)

SHOULDER REHABILITATION

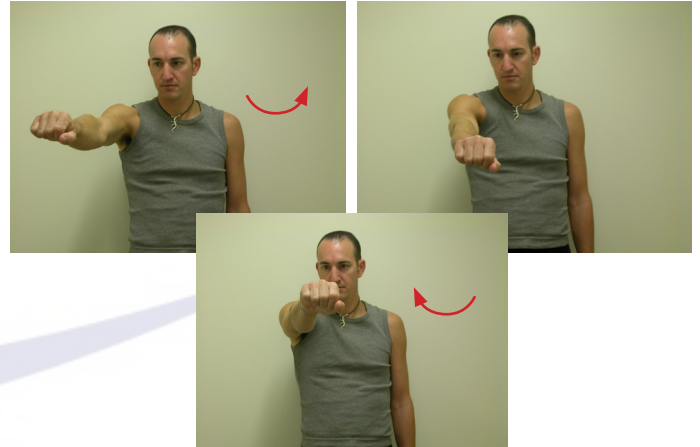
Stage 3 - 6 to 12 weeks. Do up to 4 times Daily

1. Doorway stretch



Raise broom handle as far as you can then lower to your thighs. On the way down pretend you are pushing a beach ball (with the broom handle) between the legs. Repeat 3 x 10.

2. Arm circles @ 90°



Set the shoulder first. With the arm at a right angle, rotate it clockwise then anticlockwise. 4 times each direction.

3. Bands - straight arm

Front

Side

Back



Set the scapula but remain in a relaxed position. With the arm straight bring the hand to your side. To make the exercise harder you can step away so the band is tight then recommence your exercises. You can also double up the band. Do 3 x 10 of each. Remember if there is pain BACK OFF the tension.

4. Bands - bent arms



Open the gates, elbow by side repeat 3 x 10.

Close the gate, elbow by side repeat 3 x 10.

SHOULDER REHABILITATION

Stage 3 - 6 to 12 weeks.

5. Capsule stretching

Posterior capsule



With your elbow on the bed / couch about 30cm away from your body and with your fore-arm at right angles, push down with your opposite hand. Repeat x 5.

Anterior capsule



With your opposite hand helping bring your arm up onto your pillow / bed.

6. Wall Pushups

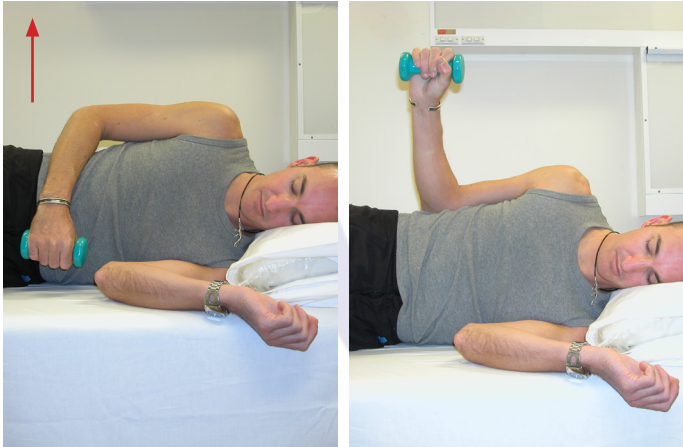


With your palms placed flat and your shoulders set push yourself away from the wall keeping your body straight. Repeat x 10

SHOULDER REHABILITATION

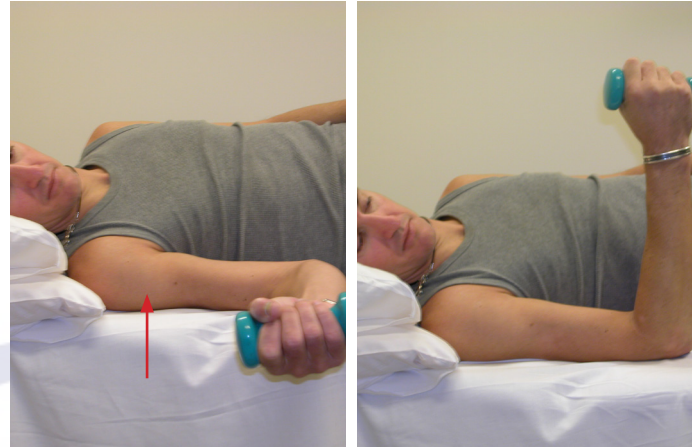
Stage 4 - 3 months to 4½ months - Do up to 3 times daily

1. Sidelying external rotation



Lie on your good side with your shoulder set and your elbow bent to 90°. Rotate your arm moving your hand towards the ceiling. Keep your elbow in the same position against your chest at all times. Repeat 3 x 10.

2. Sidelying internal rotation



Start in the same position as external rotation holding the weight with your operated hand. Rotate your arm bringing your hand towards the ceiling. Keep your elbow in the same position at all times. Repeat 3 x 10.

3. Towel behind back



Hold the towel behind your back, with your good arm coming from below your shoulder, and your bad arm from above. Gently pull down with the good arm stretching the underneath of your shoulder joint. 1 x 10.

4. Arm circles with weights



Set the Scapula. Holding a light weight rotate the arm clockwise, then anticlockwise. Repeat 3 x 10.

5. Scapula FROM against wall



With your hand pressed against the wall slide your shoulder blade forwards and backwards. Hold 5 sec x 10.

6. Supine flexion with hand weights

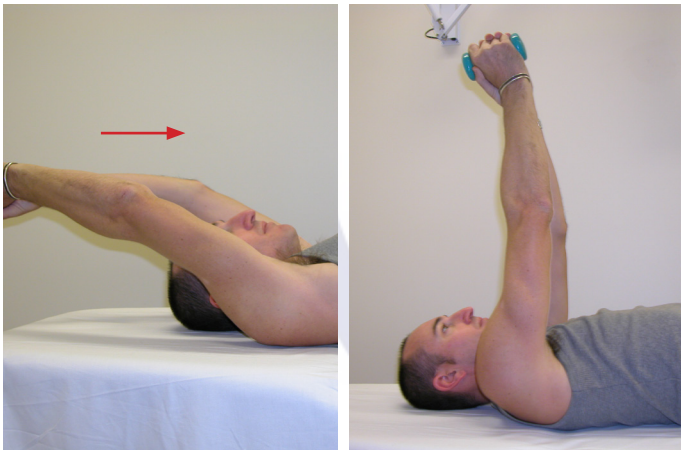


Lying flat on your back. Lift your arms up above your head holding light weights. 1 x 10.

SHOULDER REHABILITATION

Stage 4 - 3 months to 4½ months

6. Pullovers



Hold a weight behind your head with your elbows pointing forwards. Lift the weight straightening your arms above your head. Repeat 3 x 10.

8. Front raise



Holding a weight, lift your arm out straight in front as high as you can. Repeat 3 x 10.

7. Single arm pull ups



Leaning forward, with the support of a table or chair, raise your elbow as high as you can towards the ceiling. Repeat 3 x 10.

9. Abductions - overhead hand clap



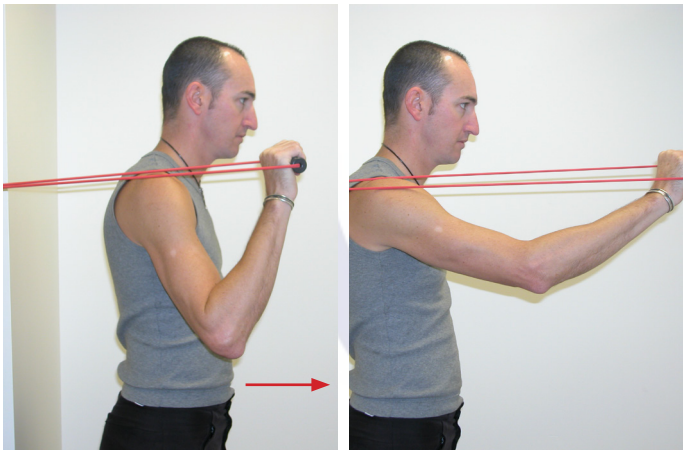
Bring your arms out to the side lifting them above your head to clap them together. Repeat 3 x 10.

ORTHOPAEDIC
CLINIC

SHOULDER REHABILITATION

Stage 5 - 4½ months to 6 months

1. Bands at 90° (stop sign)



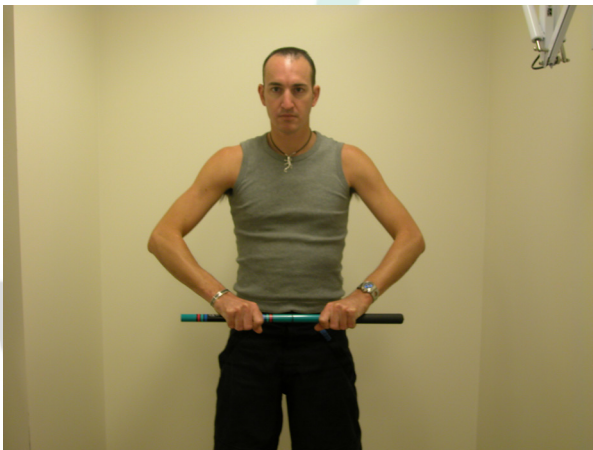
Bend your elbow to 90° (stop sign). Holding the bands in your hand pull your hand forward. Repeat pulling your hand backwards.

2. Empty can



Standing with your arm held straight at 45°. Rotate your arm down so that your thumb is pointing towards the floor. Lift your arm up so that your little finger is moving towards the ceiling.

3. Upright rowing



Holding a bar with hands even distance apart. Raise your hands bending your elbows out to the side.

THIS FINAL SERIES OF EXERCISES ARE OPTIONAL

4. Push ups



Set the scapula with your hands positioned below your shoulders. Bend your elbows doing a push up keeping your body straight.

5. Bench dips

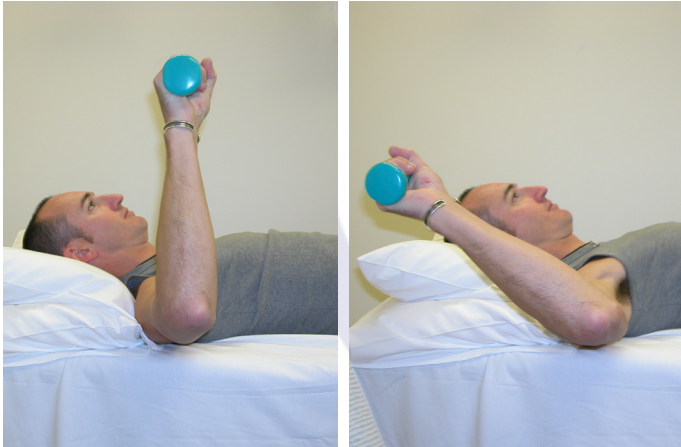


Set the scapula with your hands positioned below your shoulders. Bend your elbows doing a push up keeping your body straight.

SHOULDER REHABILITATION

Stage 5 - 4½ months to 6 months

6. Drop catches



Lie on your back, holding a weight on your operated side. Move your hand back towards the pillows while keeping your elbow on the bed.

7. Prone flys



Lie on your stomach over a bench holding light weights. Draw your elbows up towards the ceiling squeezing your shoulder blades together.

8a High bands - flexion



Adjust the band to floor height. Hold the band pulling it up in front of you as high as you can with your arm straight.

8b. High bands - extension



Repeat exercise pulling the band behind you as far as you can with your arm straight.

9a. High bands - D1 pattern



Begin with your arm down away from your body palm facing backwards. Bring your arm diagonally across your body.

9b. High bands - D2 pattern



Begin with your arm across your body palm facing towards you. Bring your arm diagonally across your body so that you end with your arm up away from your body palm facing forwards.