



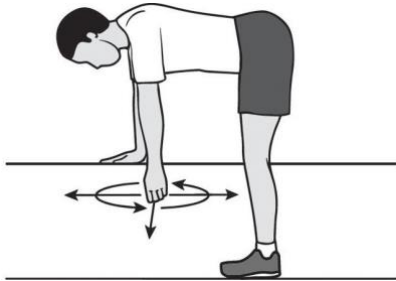
REVERSE AND ANATOMIC TOTAL SHOULDER REPLACEMENT HOME EXERCISE PROGRAM

Shoulder Replacement Tips

- ✓ The pain is often worse at night, especially the first few nights. Don't forget to use ice and your NSAIDS/Tylenol/ pain medication.
- ✓ Some patients find it more comfortable to sleep a little more vertical, for instance in a recliner or incline position.
- ✓ Don't forget to wear the sling when you are up and about, and to rest your arm on a pillow or arm rest when you are sitting quietly.
- ✓ No lifting or overhead work.
- ✓ The block affecting your arm will begin to wear off, so it is advisable to begin taking the medication prescribed for you before bed the same day of surgery.

Home Exercise Program below is to be completed starting 2-3 days after surgery about 2-3x/day as tolerated.

Exercise 1: Pendulums



- ✓ Bend forward 90° at the waist, placing your uninvolved hand on a table for support.
- ✓ Rock your body in a circular pattern to move your arm clockwise 10 times, then counterclockwise 10 times. Keep your arm relaxed during the exercise.
 - The circle your hand is making should be about 1 to 2 feet wide. The circular pendular movement should occur through your shoulder joint.
- ✓ 10 times each way

Exercise 2: Elbow flexion and extension

- ✓ With operative arm have palm up, gently bend (flex) elbow up as far as you can as tolerated hold for 5 seconds. Then extend as far as you can and hold for 5 seconds.
- ✓ Can do this sitting at table.
- ✓ 3 sets of 10



Exercise 3: Wrist flexion and extension

- ✓ With operative arm, grasp hand and slowly bend wrist until stretch is felt. Hold for 5 seconds
- ✓ Bend wrist opposite direction and hold for 5 seconds.
- ✓ Keep elbow bent.
- ✓ 3 sets of 10

