



GOLDEN STATE ORTHOPEDICS & SPINE

Shoulder Postoperative Rehabilitation: Limited Home Program

Note: This information is provided for general educational purposes only. Because every individual is different, these instructions will not apply to every patient. Only your doctor can tell you what is appropriate for you.

Name: _____

Date of Surgery: _____

Instructions:

1. Exercises should be started the day after surgery.
2. Do the exercise sessions 5 times per day. Spread the sessions out over the day.
3. Don't lift any objects with your surgical arm.
4. Avoid sudden or jerky movements.
5. The one motion you should totally avoid is pulling inward toward your belly against resistance.
6. It is best to space the exercise sessions out throughout the day, every 2-3 hours, to maintain flexibility during this important time of healing.
7. Do not use the surgical arm to push oneself out of bed or out of a chair.
8. In your exercise kit you were given some colorful elastic stretching bands. Do not use these bands for the first three months after your surgery unless instructed to do so by your physician. Your physical therapist will instruct you on how to use these at that time.



GOLDEN STATE ORTHOPEDICS & SPINE

Shoulder Postoperative Rehabilitation: Limited Home Program



Exercise 1 Pendulum Exercise

1. Lean forward and use your unaffected arm to support you. You should lean forward more than the person pictured above.
2. Let your surgical arm hang loosely.
3. Move your body in a circular motion. This will cause your surgical arm to swing.
4. Note that it is the active motion of your body that causes the arm to move. You should not attempt to make the arm swing on its own.
5. Do this exercise for at least two minutes.



GOLDEN STATE ORTHOPEDICS & SPINE

Shoulder Postoperative Rehabilitation: Limited Home Program



Exercise 5 Elbow Extension and Flexion

1. Keep your surgical shoulder stabilized while performing these exercises.
2. Straighten and bend your arm at the elbow.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. This can be performed sitting or standing.



GOLDEN STATE ORTHOPEDICS & SPINE

Shoulder Postoperative Rehabilitation: Limited Home Program



Exercise 6 Hand Exercises

1. Fully extend the fingers of your surgical upper extremity's hand.
2. Squeeze you fingers together to make a fist.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. You can perform this exercise with the sling on or off.