



The following pages contain exercises for you to do after your surgery

Please note that these exercises are divided into 'phases' based on your time since surgery, and you should only go onto the next phase once you have completed the previous phase and when your physio is satisfied with your progress.

Please discuss the exercises with your physio at each visit to ensure you are doing the right exercises, correctly.

Phase 1 (weeks 0-4 from surgery)

- ✓ Use the sling for 4 weeks 24 hours a day.
- ✓ During week 4 use the sling at night, but the sling can be phased out during the day.
- ✓ The sling can be removed for showering and "PROM" exercises.
- ✓ Good posture while performing exercise is important.
- ✓ Avoid using other muscles to move your shoulder. Hunching your shoulders (elevating them towards your ears) is an example of using other muscles to compensate for weak muscles that move your arm.
- ✓ Use of a mirror while performing exercises is recommended.



Make a fist with your hand on the operated arm, 10 times at least for times a day



Bend and straighten your elbow. Complete 2 sets of 10 repetitions.



Shrug the shoulders, repeat 20 times.



Arms hanging loose at sides, bending the upper body forward to allow the arm to swing away from the body.

Complete 2 sets of 10 repetitions.

If you need support, use the "pendulum exercise" as shown on the right instead.

Hold the exercise for 10 seconds and repeat 5 times.



Push the arm from the body with help from a stick.

For the first 3 weeks, push the arm no further than 20 degrees away from the body.

Your physiotherapist will let you know when you can rotate further.

Repeat 10 times.



Put your finger on sternum and
straighten your back



Activity of daily living

Lean your upper body to the operated side in
order to wash the underarm.

Phase 2 (weeks 5-8 from surgery)

- ✓ Perform exercises twice daily.
- ✓ While performing the exercises start with and maintain good posture.
- ✓ Avoid compensating with elevation of your shoulders and/or body movements.
- ✓ Perform your exercises in front of a mirror if possible.



Use a towel to slide forward with your arm as far as you can.

Start with 5 repetitions and increase to 10 within a week.



Use a towel to glide forward with your arms.

Start with 5 repetitions and increase to 10 within a week.



Starting position with hands on your knee. Slide down your legs while bending your back forward, try to reach your toes.

Start with 5 repetitions and increase to 10 within a week.



Grasp your affected arm with the healthy arm and try to pull the affected arm up as much as possible.

Start with 5 repetitions and increase to 10 within a week.



Rest your affected arm on the table. Use a towel and slide with the arm away from the body.

Start with 5 repetitions and increase to 10 within a week.



Use a stick to push and move the forearm away from the body as far as possible and then return with the hand against the stomach.

Start with 5 repetitions and increase to 10 within a week.



Use a stick to push and move the forearm as far back as possible.

Start with 5 repetitions and increase to 10 within a week.



Rest the arm against a table. Use a towel to slide on and rotate the arm externally and internally.

Start with 5 repetitions and increase to 10 within a week.



Lower your shoulders and pull your shoulder blades together

Start with 5 repetitions and increase to 10 within a week.

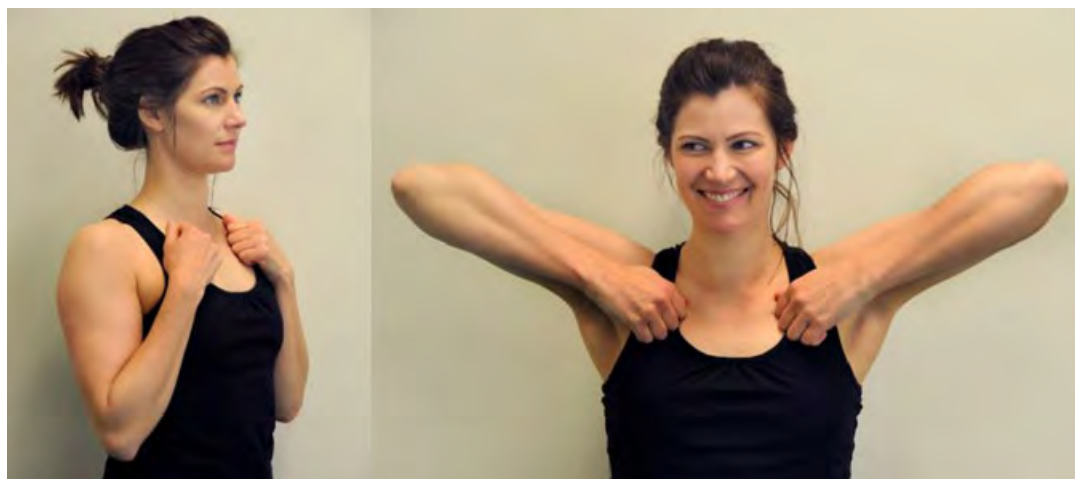
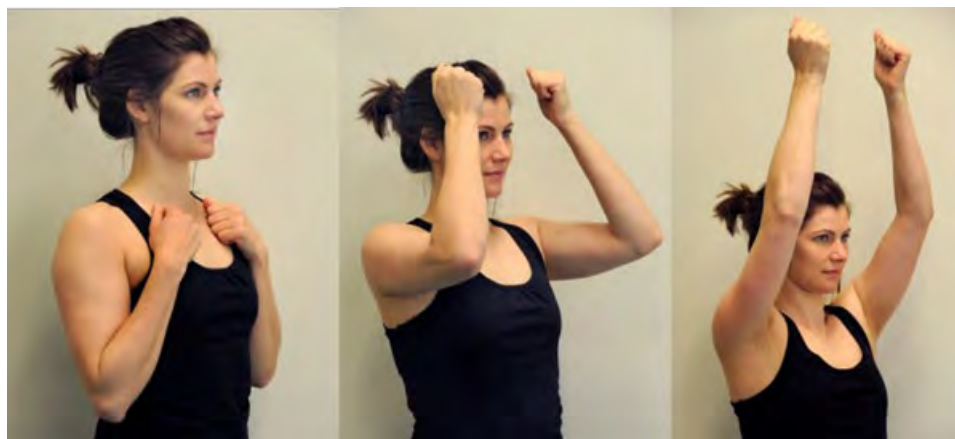


Lower your shoulders and pull your shoulder blades together

Start with 5 repetitions and increase to 10 within a week.

Resting positions





Start by making a fist with both hands, put your fists against your chest.
Raise your arms as shown in the pictures above.

Phase 3 (weeks 9-12 from surgery)

- ✓ Perform exercises twice daily.
- ✓ While performing the exercises start with and maintain good posture
- ✓ Avoid compensating with elevation of your shoulders and/or body movements.
- ✓ Perform your exercises in front of a mirror if possible.



Ball against the wall.

Press against the ball and elevate the arm while rolling the ball against the wall.

Start with 5 repetitions and then increase to 10 within a week.



Lift up your arms against the wall. Slide them against the wall as far up as possible.

Stay in that position for a few seconds.

Repeat 5-8 times.



Stretch the rubberband and lift up your arms while keeping the rubberband stretched

Repeat 5 - 8 times.



Raise the arms as high as possible.

Repeat 7 - 10 times.



Use the good arm and a stick to push the affected arm sideways, away from the body, while pushing against the stick with the affected arm.

With both arms still pushing against each other along the stick, slowly lower the arm to the side again.

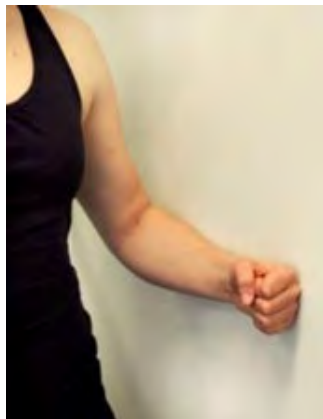
Repeat 10 times.



Swing the arm out sideways away from the body and then raise it as high as possible, with thumbs pointing to the ceiling.

Keep your shoulders down.

Repeat 10 times.



Press the forerarm against the wall for about 3 seconds.

Complete 3 sets of 5 repetitions.



Pull the rubber band down using your good arm, then grasp it with the affected arm.

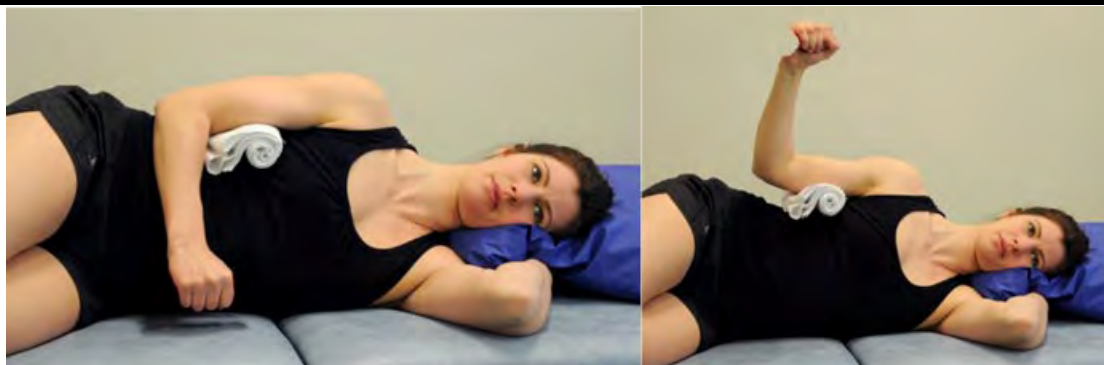
Let the affected arm be slowly pulled upwards.

Complete 3 sets of 5 repetitions.



These exercises (left and below) can be done either standing or lying on your side.

Start with 15 repetitions and aim to increase to 2 sets of 15 repetitions within a week.



Press the affected arm against the unaffected hand in both directions for three seconds.

Complete three sets of 5 repetitions.



Lower your shoulders and pull your shoulder blades together.

Start with 5 repetitions and increase to 10 within a week.



Lower your shoulders and pull your shoulder blades together.

Start with 5 repetitions and increase to 10 within a week.

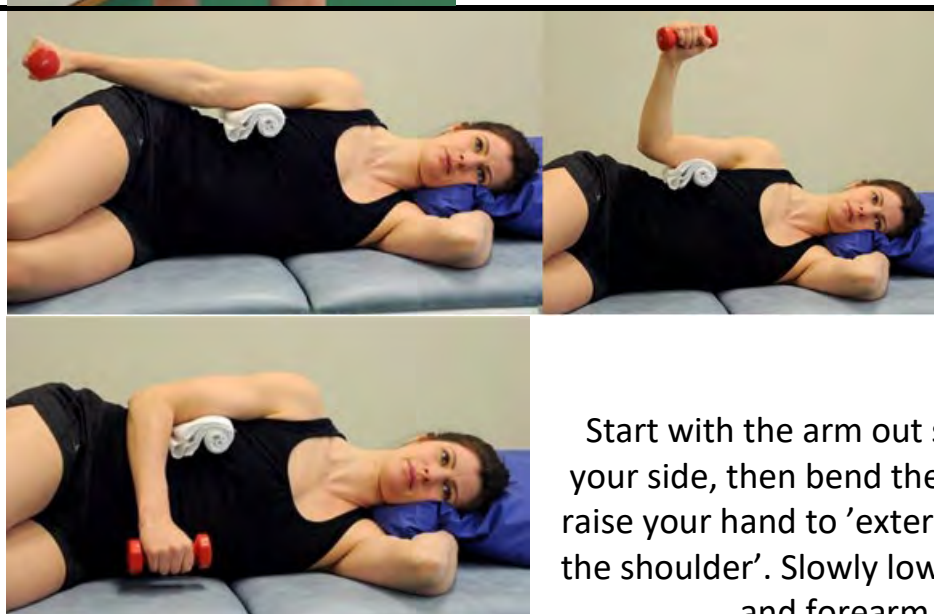
Phase 4 (weeks 13-20 from surgery)

- ✓ Perform exercises daily OR once every second day.
- ✓ Perform your exercises in front of a mirror if possible.



With thumbs pointing out from the body and with the arms away from your side, pull the rubber band back and reach behind the hip.

Start with 1-2 sets of 10 repetitions then add a third set.



Start with the arm out straight by your side, then bend the elbow and raise your hand to 'externally rotate' the shoulder'. Slowly lower the hand and forearm.

Start with 1-2 sets of 10 repetitions then add a third set.



This exercise can be done sitting or standing.

Start with some tension in the elastic by trying to pull the hands apart.

Slowly raise the arms, then lower the arms back down again, maintaining tension in the elastic the whole time.

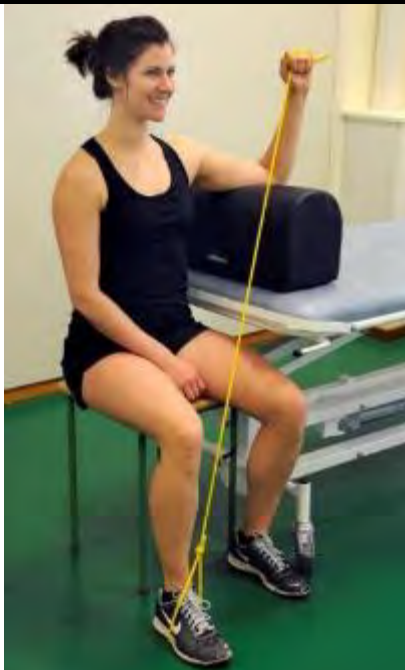
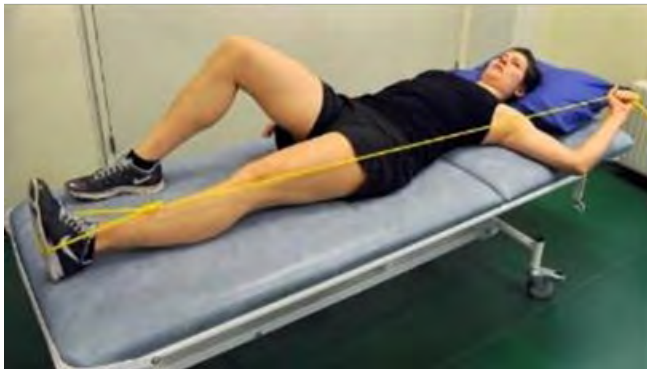
Start with 1-2 sets of 5 repetitions then add a third set.



Bend the knee while pulling the rubber band, "externally rotating" the shoulder.

Straighten your knee while you slowly lower your forearm towards the bench "internally rotating" the shoulder.

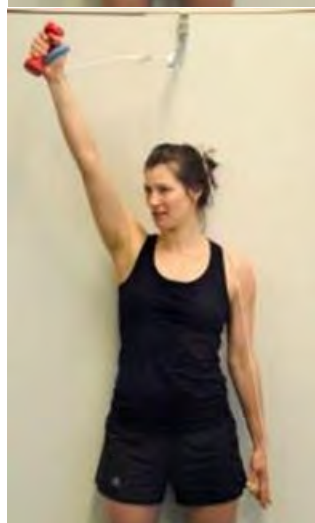
Start with 1-2 sets of 10 repetitions and then add a third set.



Pull the rubber band upwards, "externally rotating" the shoulder.

Lower the arm slowly, "internally rotating" the shoulder.

Start with 1-2 sets of 10 repetitions then add a third set.



Thumbs pointing up, use the pulley to slowly raise the affected arm. Then lower your arm slowly.

Start with 1-2 sets of 10 repetitions then add a third set.



Thumbs pointing up, raise and lower the straightened arm as shown.

Start with 1-2 sets of 10 repetitions then add a third set.



While lying down, start with the arm by your side.

Raise the straight arm against the ceiling. Lower it slowly into position with the back of the shoulder resting on the bed.

Start with 1-2 sets of 10 repetitions then add a third set.



Push ups in the kneeling position.

Start with 1-2 sets of 10 repetitions then add a third set.



Pull the elastic behind your back.

Start with 1-2 sets of 10 repetitions then add a third set.



Use the good arm to slowly push the affected forearm down against the bed.

Hold for 20 seconds. Repeat 3-5 times.



Use the good arm to pull the affected arm accross your chest.

Hold for 20 seconds. Repeat 3-5 times.



Use a towel and pull the affected arm up along the spine as far as possible.

Repeat 3-5 times.



Lean into a corner with the hands against the wall.

Hold for 20 seconds. Repeat 3-5 times.



With your hands behind your neck, push the elbows back against the bed.

Hold for a few seconds. Repeat 5 times.



Pull the elastic upward and outward.

Complete 2 sets of 10 repetitions.



Lunge forward while holding a medicine ball.

Complete 2 sets of 10 repetitions for each leg.