

Physical Therapy at Home – Shoulder

Your Personalized Shoulder Replacement Exercise Program

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.

