



## Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 1

### Basic Range of Motion Exercises



Stand leaning on a table with your unoperated hand. Let your operated arm hang relaxed straight down.

Swing your arm forwards and backwards gently.

Repeat 10 times.



Stand leaning on a table with your unoperated hand. Let your operated arm hang relaxed straight down.

Swing your arm as if drawing a circle on the floor.

Repeat 10 times.



Lying on your back with elbows straight.

Use your unoperated arm to lift the operated arm up, keeping it as close to the ear as possible.

Repeat 10 times.



Lying on your back with elbows against your body and at a right angle. Hold a stick in your hands.

Move the stick sideways, thus pushing the operated arm outwards, keeping the elbow against the body.

Repeat 10 times.

## Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 2

### Advanced range of motion exercises



Stand, holding a stick behind your back with your elbows straight.

Lift the stick upwards away from your body. Using your unoperated arm to pull the operated arm.

Repeat 10 times



Stand or sit.

Hold the pulley handles one in each hand. Use your unoperated arm to pull down, this will help you to lift your operated arm.

Repeat 10 times.



Stand holding a pole behind your back with your elbows straight.

Bend your elbows to raise the pole up the back.

Repeat 10 times.

## Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 3

### Basic rotator cuff strengthening exercises



Stand in a doorway with your elbow close to your body and bent at a right angle. Place your hand against the wall.

Push your hand inwards against the wall. Hold 5 seconds. Relax.

Repeat 10 times.



Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Hold approximately 5 seconds.

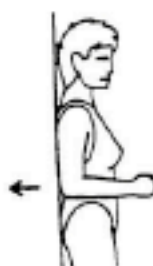
Repeat 10 times.



Stand with your hand behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up the back.

Repeat 10 times.



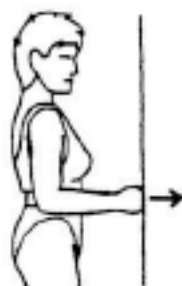
Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle.

Push the elbow back against the wall. Hold for 5 seconds.

Repeat 10 times.

## Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 4

### Advanced rotator cuff strengthening exercises



Stand facing a wall. Keep your upper arm close to the side with elbow at a right angle.

Push your fist against the wall. Hold for 5 seconds.

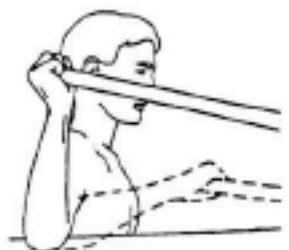
Repeat 10 times.



Sit on a chair with your arm lifted to the side and your elbow at a right angle supported on a table. Hold onto a rubber exercise band which is fastened behind you.

Pull the band keeping elbow bent and resting on the table.

Repeat 20 times.



Sit on a chair with your arm lifted out to the side and elbow at a right angle supported on a table. Hold onto a rubber exercise band which is in front of you.

Pull the band, keeping your elbow bent and resting on the table.

Repeat 20 times.

You may not have started all of these exercises by the time you leave hospital. Remember the essential goal of rehabilitation should be normal range of movement, strength and comfort.