

Post- Operative Shoulder Exercises



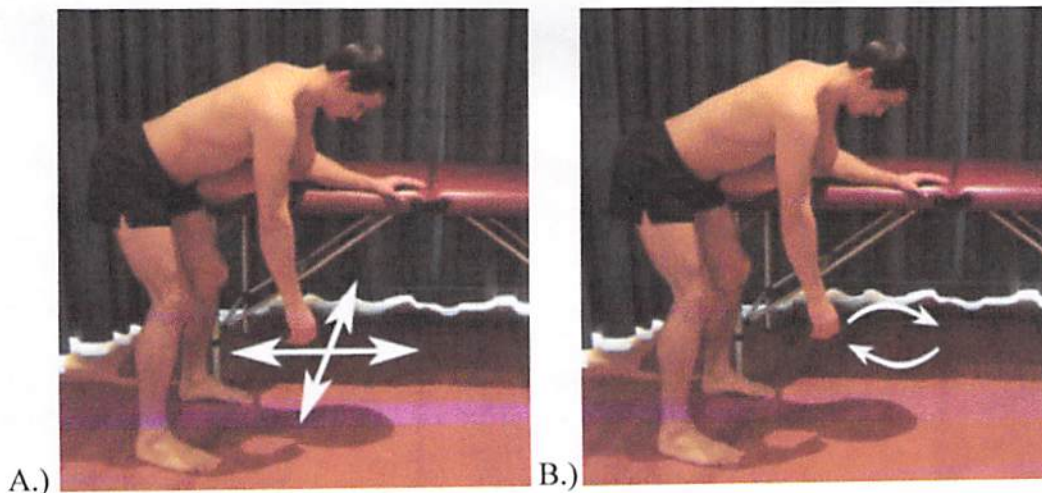
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- Only do the exercises instructed by your physical therapist or physician
- Avoid doing exercises which are too hard too soon
- If you are having pain while exercising consult your physical therapist or physician
- To increase strength, exercise slowly
- Use ice following exercise to avoid pain and swelling

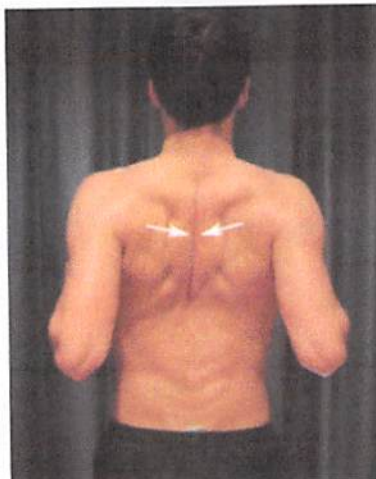
Beginning Exercises

- Exercises should be done 2-3x per day
- All exercises should be done pain free

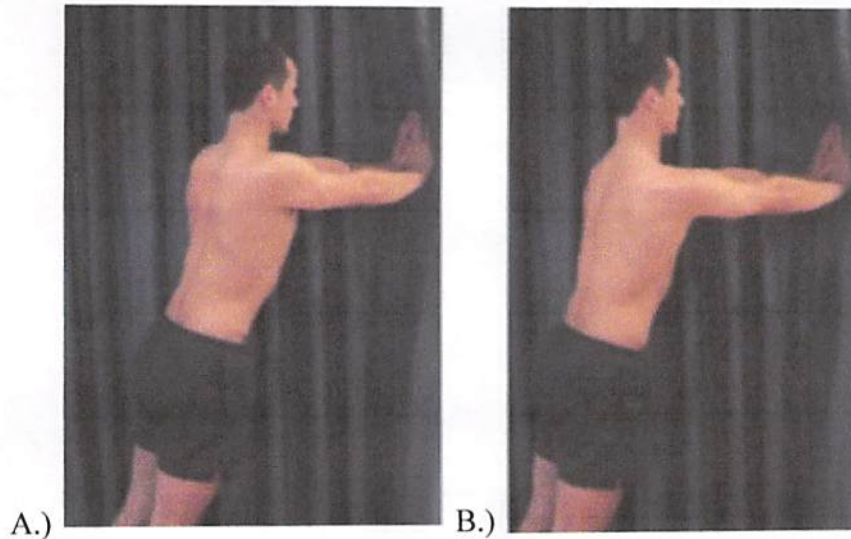
Codman pendulum: Lean forward with your forearm supported on a table or bench. Keep your back straight and your shoulder relaxed; gently swing your arm forwards and backwards as far as possible pain-free (A). Repeat the exercise swinging your arm side to side as far as possible pain-free (A). Then gently swing your arm in circles clockwise as far as possible (B). *Repeat 10 times.*



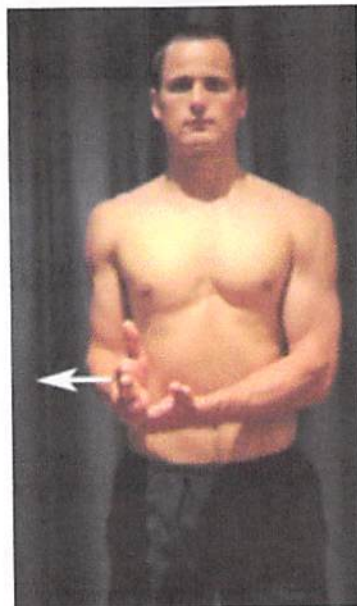
Shoulder Blade Squeeze: Stand or sit with your back straight. Chin should be tucked in slightly and your shoulders should be back slightly. Slowly squeeze your shoulder blades together as hard and far as possible. *Hold for 5 seconds and repeat 10 times.*



Shoulder Blades Forwards Against Wall: Stand with your back and neck straight and your hands against the wall. Your shoulder blades should be squeezed together fully in this position, your elbows straight and you should be leaning into the wall slightly (A). Keep your back straight; slowly bring your shoulder blades forward allowing your arms to lengthen (B). *Hold for 5 seconds and repeat 10 times.*



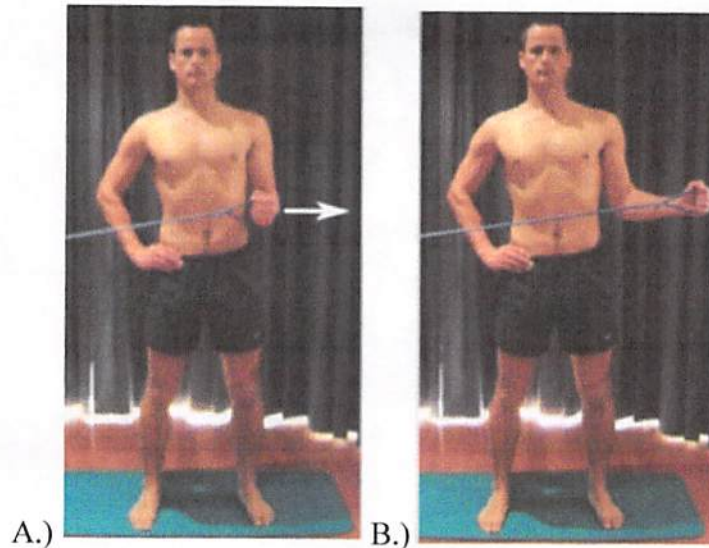
Static Rotator Cuff Hold: Stand with your back and neck straight and your shoulders back slightly. Keep your elbow at your side and bend to 90 degrees; push your hand out against the other hand's resistance as hard as possible. *Hold for 5 seconds and repeat 10 times on each arm.*



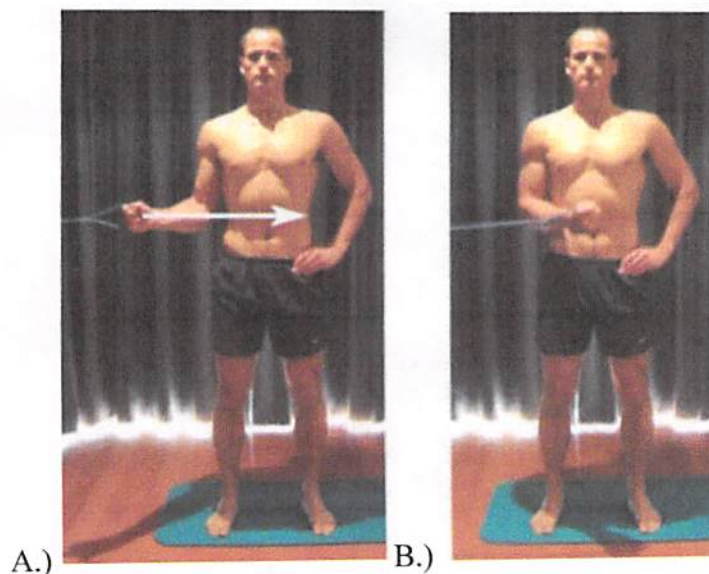
Intermediate Exercises:

- Exercises should be done 2-3x per week
- All exercises should be done pain free

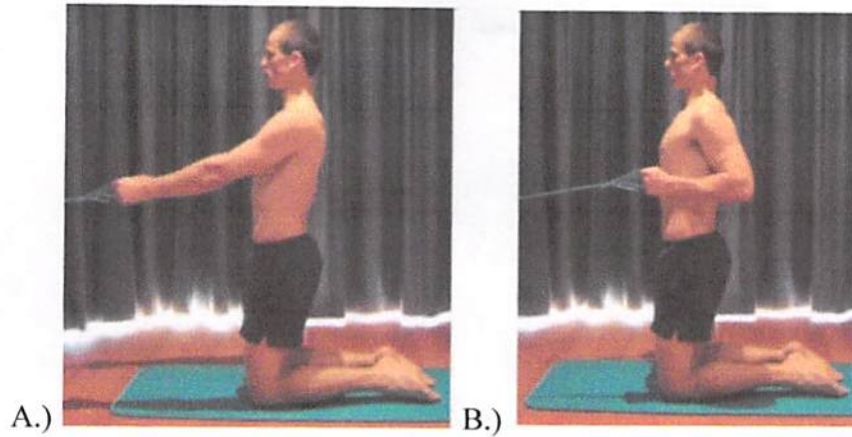
Resisted External Rotation: Stand with your back straight, shoulder blades back slightly and hold a resistance band as shown below. Keep your elbow at your side and bent to 90 degrees (A), slowly move your hand away from your body keeping your shoulder blade still (B). *Perform 3 sets of 10 repetitions as far as possible on each side.*



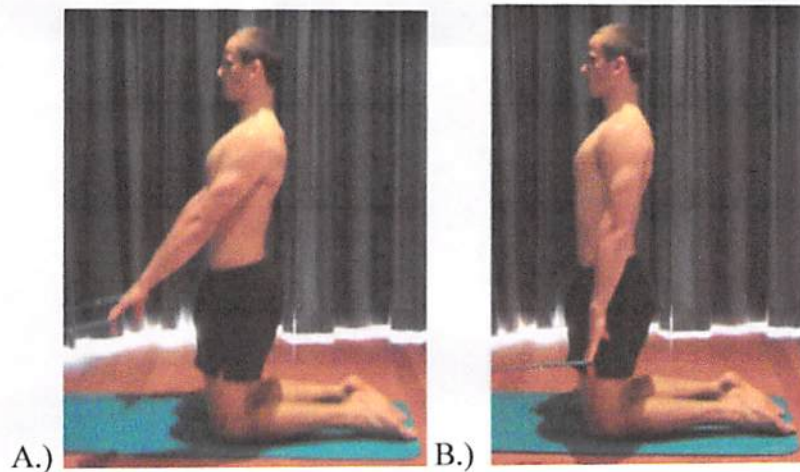
Resisted Internal Rotation: Stand with your back straight, shoulder blades are slightly and hold a resistance band as shown below. Keep your elbow at your side and bent to 90 degrees (A) slowly move your hand towards your body keeping your shoulder blade still (B). *Perform 3 sets of 10 repetitions as far as possible on each side.*



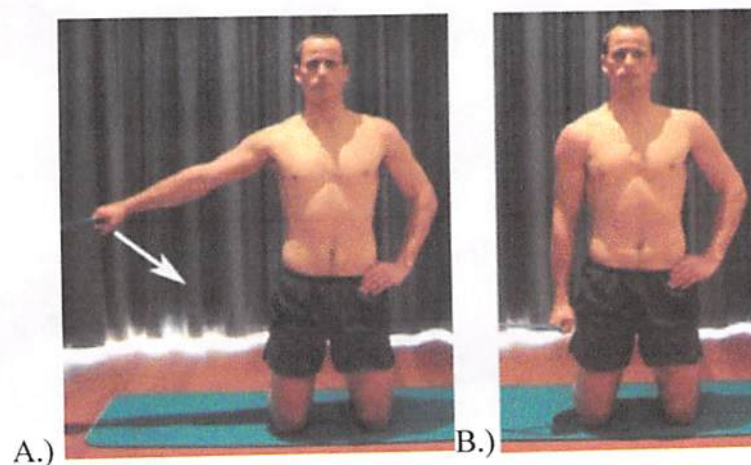
Resisted Pull Backs: Stand or kneel with your back straight and holding a resistance band (A). Slowly pull your arms backwards, squeezing your shoulder blades together (B). *Hold for 2 seconds and return to the start position. Perform 3 sets of 10 repetitions.*



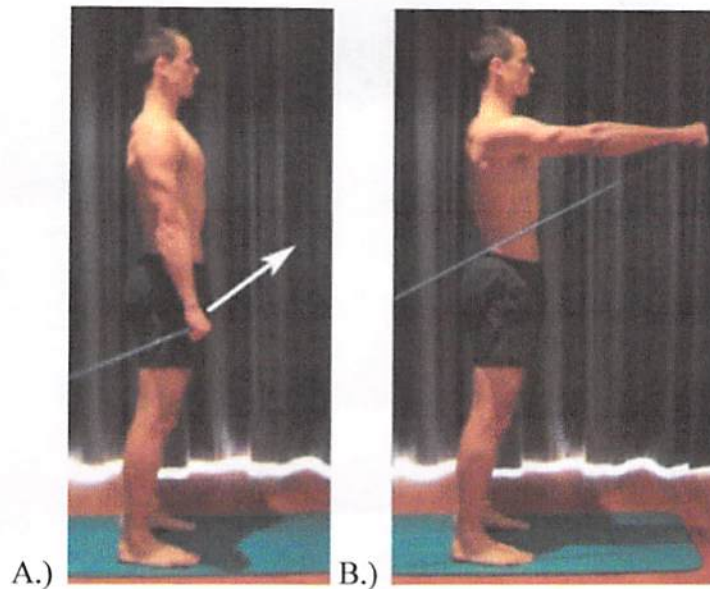
Resisted Pull Downs: Stand or kneel with your back straight and holding a resistance band (A). Keeping your back and elbows straight, slowly pull the resistance band to your hips (B). *Perform 3 sets of 10 repetitions.*



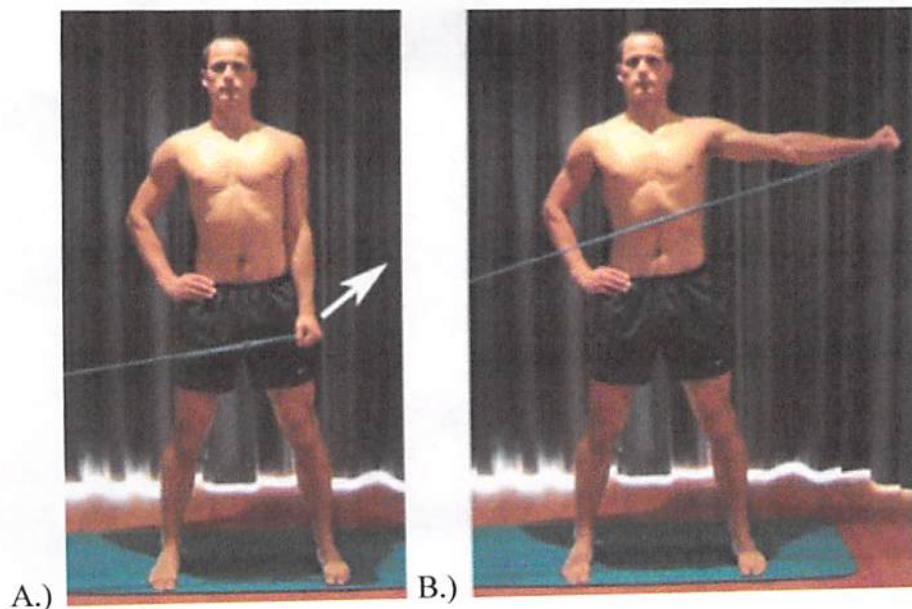
Resisted Adduction: Stand or kneel with your back straight and holding a resistance band (A). Keeping your back and elbows straight, slowly pull the resistance band to your hip as demonstrated (B). *Perform 3 sets of 10 repetitions on each side.*



Resisted Forward Elevation: Stand with your back straight, holding a resistance band (A). Slowly raise your arm to the level of your shoulder, keeping your arm and back straight (B). Perform 3 sets of 10 repetitions on each side.



Resisted Side Elevation: Stand with your back straight, holding a resistance band (A). Slowly raise your arm to side, level with your shoulder, keeping your arm and back straight (B). Perform 3 sets of 10 repetitions on each side.

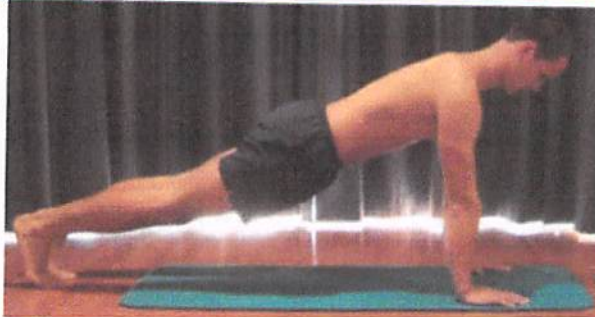


Push Ups: Start in push up position (A). Keeping your back and neck straight, slowly straighten your elbows until they are straight (B) then return to the starting position. Perform 3 sets of 10 repetitions. This exercise can be performed on knees if too difficult.

A.)



B.)

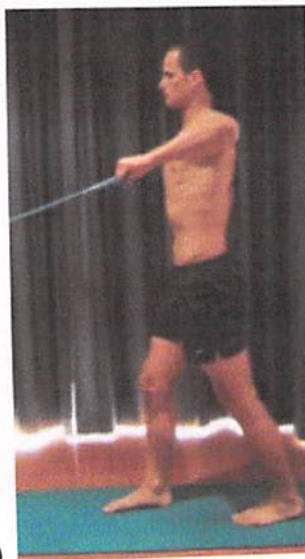


Advanced Exercises:

- Exercises should be done 2-3x per week
- All exercises should be done pain free

Resisted External Rotation at 90 Degrees: Stand with your back straight, shoulder blades back slightly, arm side elevated to 90 degrees and holding a resistance band (A). Keeping your elbow bent to 90 degrees, slowly move your hand backwards against the resistance band keeping your shoulder blade and elbow still (B). Perform 3 sets of 10 repetitions as far as possible on each side.

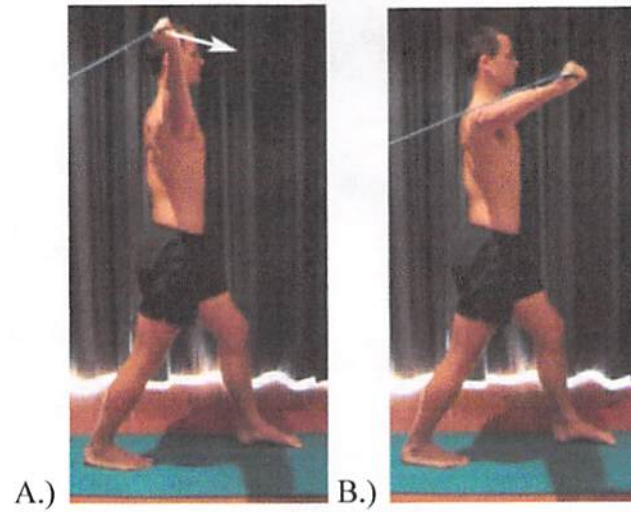
A.)



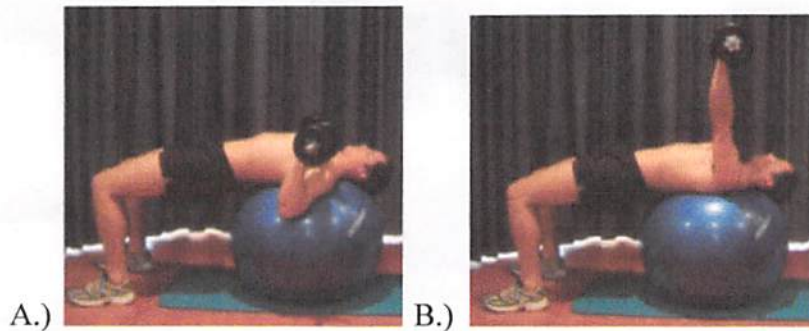
B.)



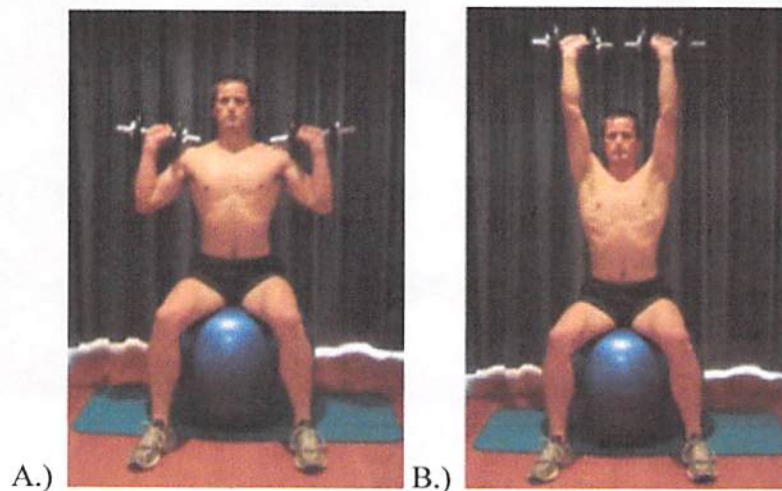
Resisted Internal Rotation at 90 Degrees: Stand with your back straight, shoulder blades back slightly, arm side elevated to 90 degrees and holding a resistance band (A). Keeping your elbow bent to 90 degrees, slowly move your hand down and forwards against the resistance band keeping your shoulder blade and elbow still (B). Perform 3 sets of 10 repetitions as far as possible on each side.



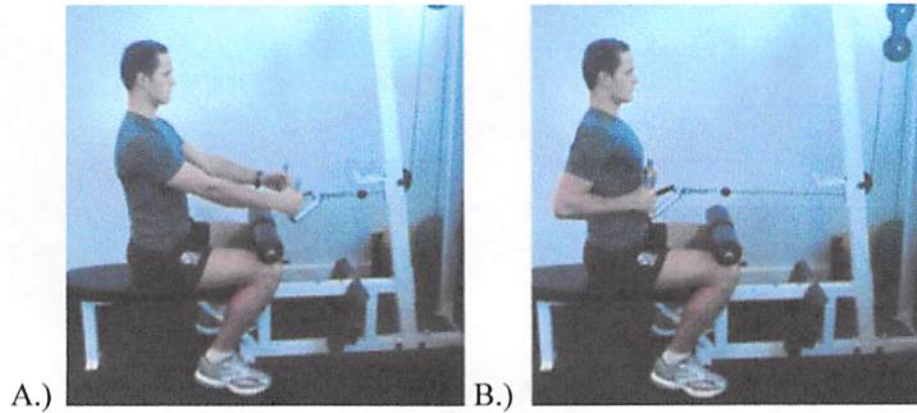
Dumbbell Press on Swiss Ball: Hold light weights and lay on a Swiss ball (A). Keeping your back straight and the Swiss ball still, slowly straighten your elbows and then return to the starting position (B). *Perform 3 sets of 10 repetitions.*



Shoulder Press on Swiss Ball: Hold light weights and sit on a Swiss ball (A). Keeping your back straight and the Swiss ball still, slowly straighten your elbows and then return to the starting position. *Perform 3 sets of 10 repetitions.*



Seated Row: Use the seated row machine. Make sure to keep your back and neck straight (A). Slowly pull the handle towards your chest, bringing your elbows backwards and squeezing your shoulder blades together (B). *Perform 3 sets of 10 repetitions.*



Lat Pull Down: Use a lat pull down machine and make sure to keep your back and neck straight (A). Slowly pull the bar down towards your chest, bringing your elbows to your side (B). *Perform 3 sets of 10 repetitions.*

