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ORTHOPAEDIC SURGEON
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Provider Number 243619TA
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WATCH
ON YOUTUBE

Shoulder Rehabilitation 0-2 weeks Exercises

DO NOT PUSH **PAST** YOUR PAIN THRESHOLD

Do 10 repetitions of each exercise 4 times a day.

Take some painkillers about 30min before you do your exercises

Ice therapy should be used for 20 minutes every 2 hours in the first 2-3 days.

The sling may be removed for showering.

KEEP YOUR SLING ON AT ALL OTHER TIMES UNLESS YOU ARE SPECIFICALLY TOLD BY DR SMITH THAT IT IS NOT REQUIRED.

SCAPULAR (SHOULDER BLADE) POSITIONING EXERCISES

Pinch your shoulder blades together. Hold for 5 seconds

NECK, ELBOW AND WRIST RANGE OF MOTION EXERCISES

Neck

Elbow and Wrist

SHOULDER RANGE OF MOTION EXERCISES

Thigh slide

Seated Table Slide

Carry on until you feel a slightly painful stretch THEN STOP.

Do not expect to be able to get near the example picture!

These exercises are taken from: 'SHOULDER REHABILITATION A COMPREHENSIVE GUIDE TO SHOULDER EXERCISE THERAPY'. L Funk. www.shoulderdoc.co.uk

THERE ARE MANY ALTERNATIVES AND MODIFICATIONS TO THESE EXERCISES.
IF YOU ARE FINDING THEM DIFFICULT PLEASE TALK TO YOUR PHYSIOTHERAPIST.

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DO'S AND DON'TS

Good posture Guidelines

Standing posture

Poor



Good



Head/neck

Lengthen your neck tucking your chin gently in ensuring your cheek bones are over your collar bones.

Shoulder girdle

Standing tall, gently open up across your collar bones. Keeping your shoulders relaxed.

Ribcage

Gently lift your ribcage away from your waistline lengthening your abdominal muscles.

Pelvis

Pull in your lower stomach muscles to maintain a natural curve in your lower back.

Feet

Maintain equal weight through your feet, distribute the weight through your heels and forefeet. Keep your legs hip width apart and straight but knees relaxed

Sitting posture

Poor



Good



Head/neck

Lengthen your neck tucking your chin gently in ensuring your cheek bones are over your collar bones.

Shoulder girdle

Sitting tall, gently open up across your collar bones. Keeping your shoulders relaxed.

Back

Gently lift your ribcage away from your waistline lengthening your abdominal muscles. Ensure your back is supported, maintaining a natural curve in your lower back

Legs

Ensure there is equal weight through your sitting bones, your thighs are fully supported and your feet are flat on the floor or foot rest.

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