



Shoulder Rehabilitation 0-2 weeks Exercises

DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions of each exercise 4 times a day.



WATCH ON



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!

DO'S AND DON'TS Good posture Guidelines

Standing posture



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.

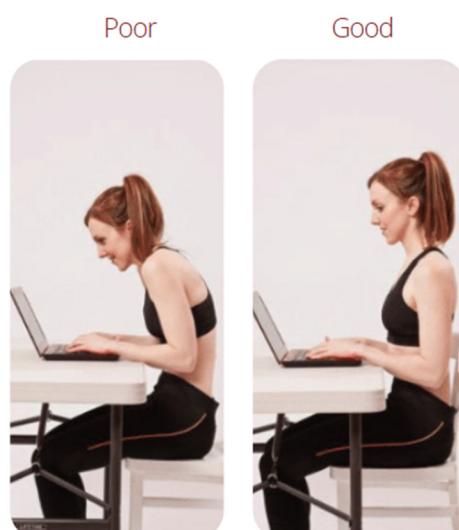
Pelvis

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



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

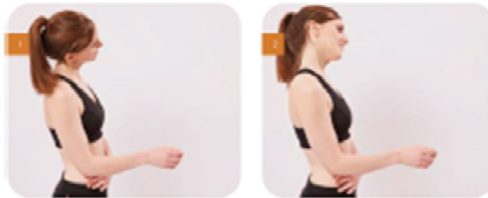
Ensure there is equal weight through your sitting bones, your thighs are fully supported and your feet are flat on the floor or foot rest.

Shoulder Rehabilitation 0-2 weeks Exercises

NECK RANGE OF MOTION

SHOULDER EXERCISES

EARLY ROM S P C RC



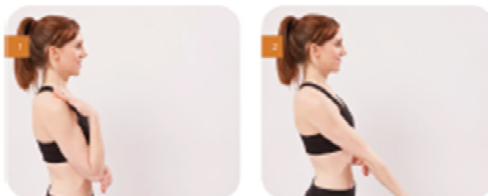
In standing, bend the elbow on your affected arm and place the opposite hand under the elbow to support your arm. Open up across your chest, then stretch your neck by taking your ear towards your shoulder and then repeat on the opposite side.

REPEAT (TIMES)

ELBOW AND WRIST EXERCISES

SHOULDER EXERCISES

EARLY ROM S P C RC



1. Bend your elbow so fingers touch your shoulder, then straighten elbow as much as you can.

REPEAT (TIMES)



2. Stand maintaining good posture, elbow bent to 90° rotate turn your palm up so your hand faces the ceiling, then turn your palm down so your hand faces the floor. Return to starting position.

REPEAT (TIMES)



3. Extend the wrist backwards as far as you can, then flex the wrist forwards as far as you can. Return to start position.

REPEAT (TIMES)

CLINICIAN NOTES

Supporting the upper limb with the contra-lateral arm reduces load on the upper quadrant reducing the risk of compensatory muscle strategies in the early post-operative shoulder.
 Pelt, Jung et al 2015

THIGH SLIDES

SHOULDER EXERCISES

EARLY ROM S P C RC



In sitting place your hands on your thighs, twist your shoulder and allow your hand to slide down your thigh twisting your body and then repeat on the other side.

REPEAT (TIMES)

Tip: This exercise can be performed with Sling in Situ

Progression: Try to dissociate your thorax from your head and neck by keeping your head still facing forwards during the rotational movement.

SEATED TABLE SLIDE INTO FLEXION

SHOULDER EXERCISES

EARLY ROM S P C RC



In sitting rest your hands on a table. Using a duster slide both hands forwards as far as comfortable. Let your head drop forwards slightly at the end of the movement. Do not force into a stretch.

SAFE ZONE	REPEAT (TIMES)

Adaptation Easier:

Place your forearms on the table with your palms facing each other and your elbows slightly flexed.