

**Post-Operative Shoulder Home Exercise Program**

**Perform Each Exercise, 2 sets of 10 reps, twice daily, unless written otherwise**



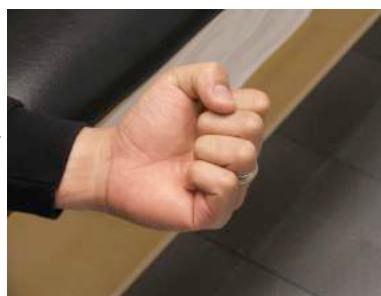
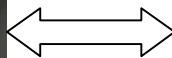
**Wrist Active Range of Motion**

Hold wrist with opposite hand to prevent unwanted motion at the elbow or shoulder. Actively move wrist up and down and back and forth as indicated by the arrows in the picture.



**Elbow Passive Pronation/Supination**

Hold wrist with opposite hand and passively turn wrist up and down to tolerance at an easy pace.



**Active Hand/Finger Gripping**

Open and close your hand and fingers.



**Passive/Active Assisted Elbow Flexion**

Hold wrist with opposite hand and use it to passively bend and straighten elbow at an easy pace.

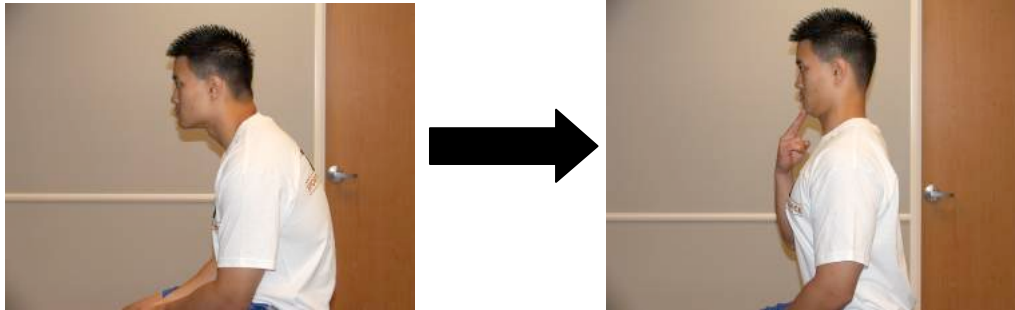


**Upper Trapezius Stretch**

Gently tilt your head to the opposite side until you feel a gentle stretch on your neck. Hold for 30 seconds and repeat 3 times. Complete 2 times per day.

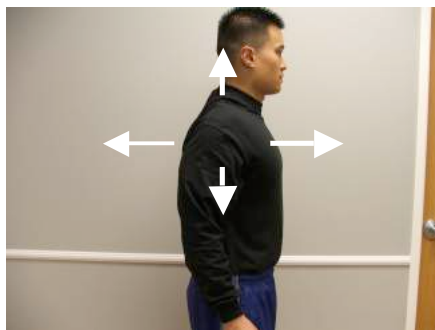


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### **Cervical Retractions "Chin Tucks"**

Sit with your upper back straight and shoulder blades back. Try to pull your head straight back keeping jaw and eyes level. You should feel the front of your neck muscles contracting and a gentle stretch longitudinally on the back of your neck. Fingers can be placed on your chin for tactile feedback and watching yourself in the mirror can provide visual feedback. Hold for 5 seconds and repeat 20 times. Complete 2 times per day.



### **Scapular "Clock" Active Motion**

Elevate your shoulders gently toward your ears and lower back down in an easy manner. Gently squeeze your shoulder blades back and forward to tolerance. Hold each position of the "clock" for 3 seconds and repeat 20 times.

### **Ice Therapy/Pain Control**

Use ice packs 20 minutes every 2 hours daily.  
Home Ice Pack Instructions- 1 gallon freezer zip-lock bag (double bag it), pour 4 cups of water and 2 cups of rubbing alcohol, and place in the freezer to create a moldable ice pack. When ready to ice, place in a pillow case and apply to your shoulder. Place back in freezer for reuse.

### **Post-Operative Shoulder Precautions**

Wear your sling during the day except for prescribed exercises as directed. You must wear your sling during sleep at night until instructed otherwise to protect the surgical repair. Absolutely no active movement, lifting, or carrying by the involved upper extremity until instructed by your physical therapist or physician.



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