

Start the following exercises

Pendular reach

Bend over and rest with your good arm on a steady surface, eg a table, so that your operated arm is dangling in front of your body.

Swing the dangling arm left to right and then around clockwise and anti clockwise.



Pendular reach

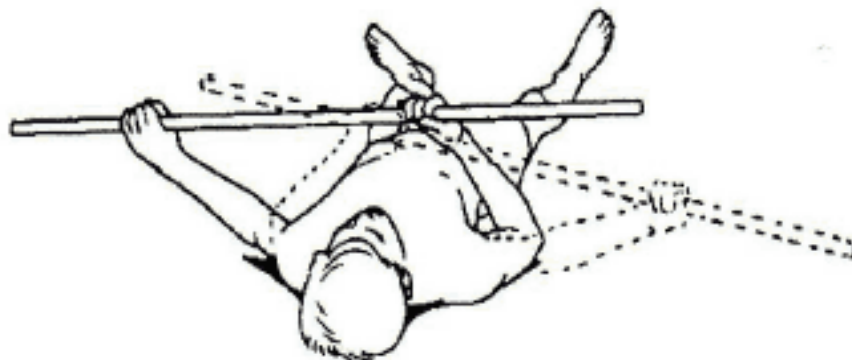
Perform all the exercises ten times, three times a day

External-internal rotation

Lay down on your back.

Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90°.

Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.

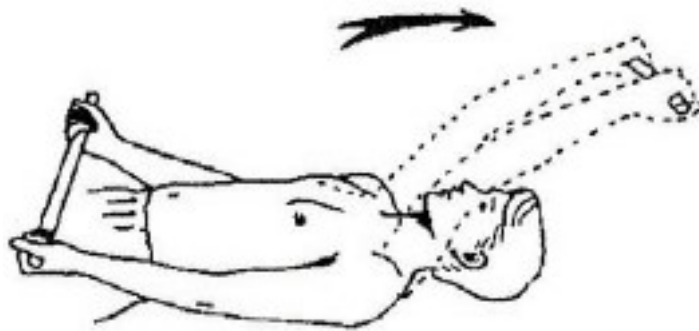


External-internal rotation

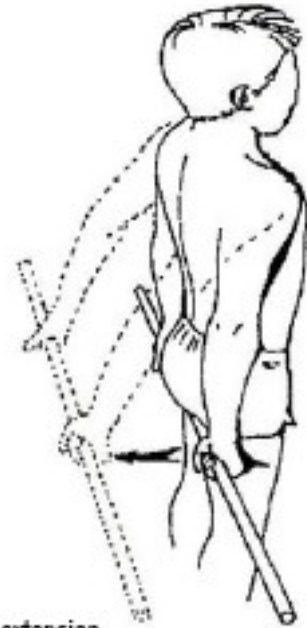
Shoulder flexion

Lay on your back.

Hold the stick underhand with both hands. Slowly move the stick over your head, use your good arm to move the operated arm



Shoulder flexion



Shoulder extension

Day 3

• Back towel stretch

Add in this exercise.

Grasp towel in both hands. Place operated arm behind back and use the unaffected arm to pull up the one that has had surgery.



Back towel stretch

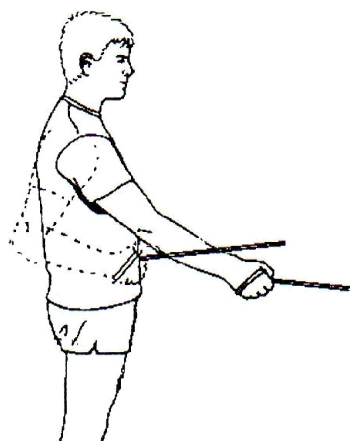
*Do sets of 10 repetitions
three times a day*

Day 7

Start the following theraband exercises

• Theraband rowing

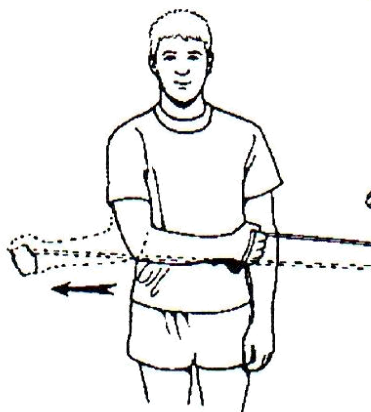
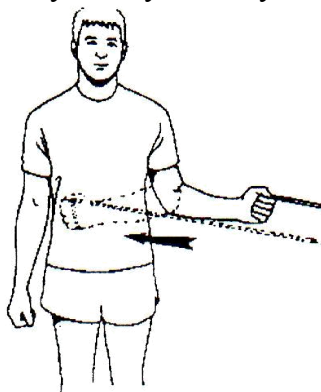
Hold each end of the theraband. Pull both arms back in a rowing motion. Keep your elbows bent, pinch shoulder blades together as you pull backwards.



• Active resistance internal and external rotation

With elbow at your side, pull the theraband inwards towards the front of your body.

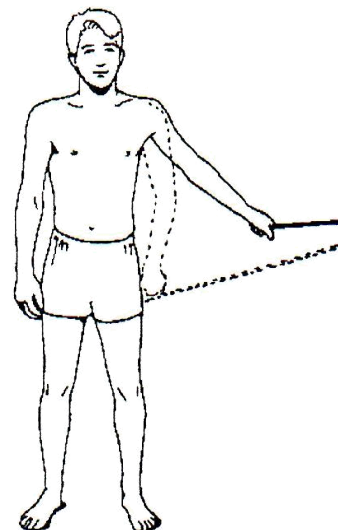
Repeat, but pull the theraband away from your body.



*Tie theraband to a door
handle.*

• Active resistance adduction

Pull the theraband down towards your body.



Day 8

Post-op visit

Your first post-operative appointment should be on day 8—a Wednesday at 12.00 pm on Level 2 of the Research and Education Building.

We will

- Remove your bulky dressing.
- Take out your stitches.
- Review the operation with you.

You can now

- Get your shoulder wet.
- Continue Phase 1 exercises.

Day 10

• Straight arm lifts

Lift your operated arm forward up towards the ceiling. Keep your elbow straight and thumb facing up. When you are able to do this, you can add weights.



Sets of 10 repetitions, three times a day

Day 14

day.

