

# Post-Operative Shoulder Physical Therapy Exercises

*For The Active Individual*

## **Please Note:**

Sets and repetitions are based on low intensity guidelines. The below exercises are appropriate for immediate post-operative care for shoulder surgical interventions, though please obtain clearance to from physician and PT prior to performing.

## **Upper Extremity Stretching**

These stretches are safe to perform following surgery in a pain-free range



### **AROM UPPER TRAPEZIUS STRETCH**

While sitting in a chair, hold the seat with one hand and slowly bend your head to the opposite side. You should feel a stretch to the side of your neck.

*3 sets, 30 second hold, 1-2x/day*



### **AROM LEVATOR SCAPULAE STRETCH**

While sitting in a chair, hold the seat with one hand and gently look towards armpit. You should feel a stretch on the back side of your neck.

*3 sets, 30 second hold, 1-2x/day*

## **ROM Exercises**

These range of motion exercises are safe to perform following surgery in pain free range once cleared by physician/PT.



### **PENDULUMS**

Lean forward on table with affected arm hanging down. Slowly rotate at hips to created circular motion with arm. Repeat in clockwise and counterclockwise direction. Do not actively swing arm.

*2 sets, 20 repetitions, 1-2x/day*



### **TABLE SLIDE FLEXION**

#### **\*PT Clearance**

Sit in a chair and place your affected arm on the table. Slowly slide arm forward until a stretch is felt. Hold, then return to starting position and repeat. It is ok to gently lean forward with your body. *2 sets, 10 repetitions, hold 10 seconds, 1-2x/day*



### **TABLE SLIDE SCAPTION**

#### **\*\*PT clearance**

Sit in a chair and place your affected arm on the table. Slowly slide arm out to side at a 45-degree angle until a stretch is felt. Hold, then return to starting position and repeat. *2 sets, 10 repetitions, hold 10 seconds, 1-2x/day*



### **SCAPULAR RETRACTION**

#### **\*\*PT clearance**

Squeeze shoulder blades together as if you were pinching a pencil between your shoulder blades. Try to avoid shrugging shoulders up. *2 sets, 10 repetitions with 10 second hold, 1-2x/day*