

Pre-Operative Shoulder Physical Therapy Exercises

For The Active Individual

Please Note:

Sets and repetitions are based on moderate intensity guidelines. All below exercises are appropriate for pre-operative preparation for shoulder surgical interventions.

Upper Extremity Stretching

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



UPPER TRAPEZIUS STRETCH

While sitting in a chair, hold the seat with one hand and use other hand to 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



LEVATOR SCAPULAE STRETCH

While sitting in a chair, hold the seat with one hand and using the other arm rotate head and gently pull 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 prior to surgery in pain free range.



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

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



TABLE SLIDE FLEXION

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 ABDUCTION

Sit in a chair and place your affected arm on the table. Slowly slide arm out to side until a stretch is felt. Keep elbow bent if needed. Hold, then return to starting position and repeat.

2 sets, 10 repetitions, hold 10 seconds, 1-2x/day



CANE FLEXION

Laying on your back with a cane (or similar object) slowly raise cane above head until stretch is felt in shoulders

2 sets, 10 repetitions, hold 10 seconds, 1-2x/day

Shoulder Strengthening

These strengthening exercises are safe to perform prior to your shoulder surgery in a pain-free range



SCAPULAR RETRACTION

Squeeze shoulder blades together as if you were pinching a pencil between your shoulder blades. Try to avoid shrugging shoulders up.

3 sets, 10 repetitions with 10 second hold, 1-2x/day



BENT OVER ROW

Lean over on table with one arm for support, other arm hanging down. Pinch shoulder blade towards spine, bringing arm up in a rowing motion in line with torso. Allow elbow to bend as you pull your arm up. Can be performed with light weight in pain-free range.

3 sets, 10 repetitions, 1-2x/day



BENT OVER SHOULDER EXTENSION

Lean over on table with one arm for support, other arm hanging down. Pinch shoulder blade towards spine, bringing arm back in a straight line up to height of your torso. Can be performed with light weight in pain-free range.

3 sets, 10 repetitions, 1-2x/day



BENT OVER DUMBBELL FLY

Bend over at your hips with both arms hanging down. Pinch shoulder blades together towards spine, raising both arms out to side. Can be performed with light weight in pain free range.

3 sets, 10 repetitions, 1-2x/day



BICEPS CURL

With arms hanging at your side, squeeze shoulder blades together and curl elbows up. This can be performed with light weight in pain-free range.

3 sets, 10 repetitions, 1-2x/day



TRICEPS KICKBACK

Lean on table with one arm for support, hold other arm at side in line with torso with elbow bent. Slowly extend at your elbow until arm is straight.

3 sets, 10 repetitions 5 second hold, 1-2x/day