

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*