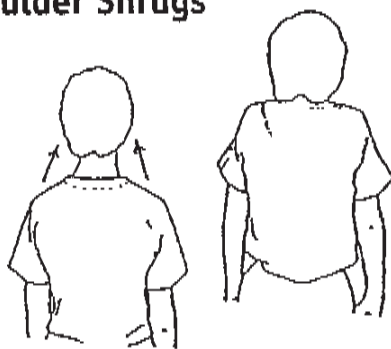


Exercises after Shoulder Replacement

It is **very** important to exercise after shoulder surgery to keep your shoulder from getting stiff. Some discomfort is normal, but putting covered ice packs on your shoulder before and after exercise for 15 minutes may reduce this. Do these exercises 5 times a day, 10-15 times each.

Shoulder Shrugs

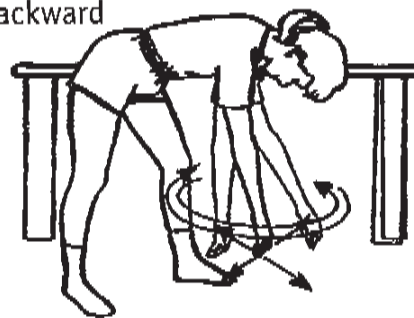


Move shoulders up toward ears.
Hold 5 seconds then relax them down.

Pendular Exercises

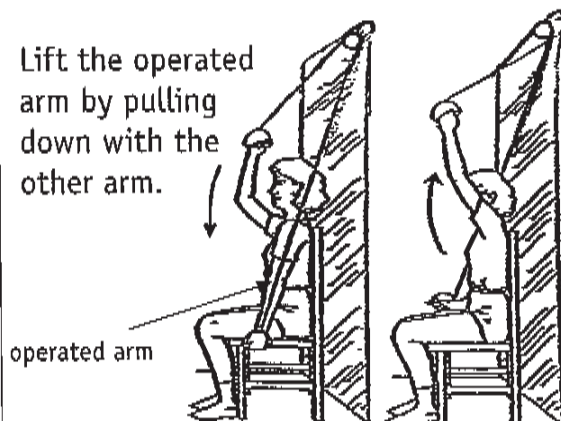
Swing operated arm:

- a) in a clockwise circle
- b) counter clockwise circle
- c) forward & backward
- d) side to side



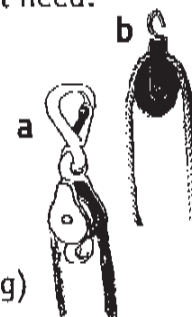
Pulley Exercise

Lift the operated arm by pulling down with the other arm.



To do this exercise at home, you will need:

1. a small pulley (a or b)
2. rope - 6 mm (1/4 inch) diameter
- 4 m (5 ft.) long
3. a hook - to hang over a door
and attach pulley to
4. handles - pipe insulation
(2 pieces, 5 inches long)

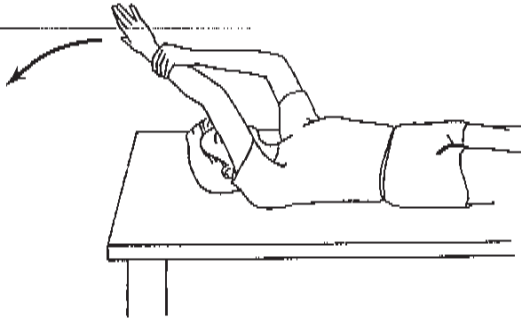


You can get these at any hardware store,
or buy a full system from the Sports Medicine Shop
(604-734-0224).

Set up your pulley system as shown in the pulley exercise.

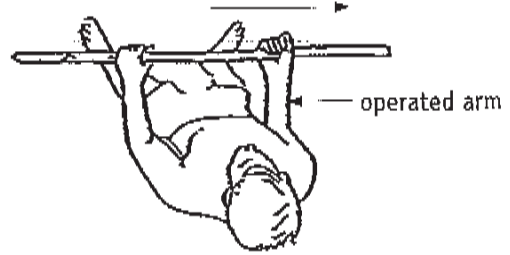
Please contact your doctor or community physiotherapist if you have any questions or concerns.

Arm Lifts



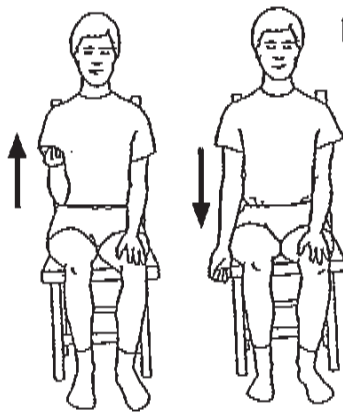
Hold the operated arm at the wrist with opposite hand. Lift arm over head with thumb up.

Pole Exercises



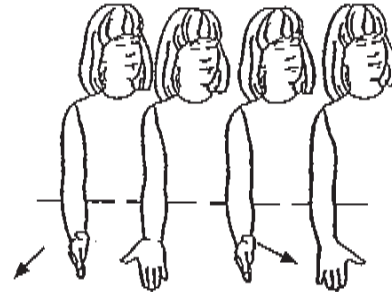
Keep elbow tucked into your side (try holding a towel between your elbow and ribs when doing this exercise). Hold stick with operated hand (palm up) and move pole sideways.

Elbow Exercise



Bend and straighten elbow, making sure you straighten your arm completely.

Palm up/Palm down Exercise



Keep elbow tucked in close to side and bent to 90 degrees (a right angle). Turn palm up, then turn palm down.

Wrist Exercises

a) circles



b) up/down



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