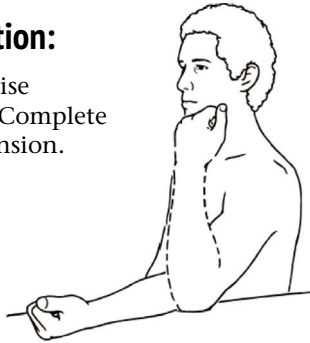


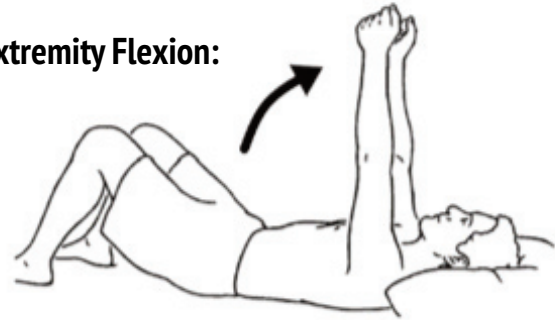
Shoulder Replacement Exercises

Elbow Range of Motion:

Bend at the elbow to raise forearm up and down. Complete elbow flexion and extension.



Extremity Flexion:



Grasp hands together while lying down and slowly reach towards the ceiling. DO NOT RAISE ARMS OVER HEAD.

Scapular Retraction:

With elbows bent to 90° and comfortably at your side, pinch shoulder blades together and pull elbows back, keeping elbows bent.



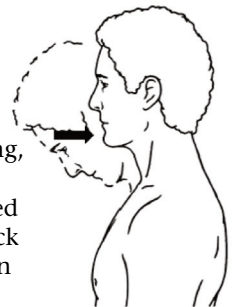
Standing Shoulder Extension:

Squeeze shoulder blades comfortably together. With palms facing backwards, slowly reach comfortable straight backwards. DO NOT ROTATE SHOULDERS FORWARD.



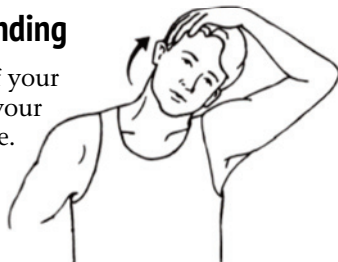
Neck Extensor Stretch: Cervical Flexion

In sitting or standing, start with head in a comfortable centered position. Gently tuck chin, and bring chin towards chest.



Stretching Neck: Side Bending

Stretch to the opposite side of your surgery and gently pull with your non-operated hand, if possible. With or without a sling on.



Shoulder Pendulum: Circular

Let arm move in a circle clockwise, then counterclockwise. SMALL CIRCLES.

