Shoulder Replacement Exercises

Scapular Retraction: No Money
With elbows bent to 90° and comfortably at your side with PALMS UP, pinch shoulder blades together and rotate arms out, keeping elbows bent.

Extension (Standing): Ski Jumper
Squeeze shoulder blades comfortably together and with palms facing backwards. Slowly reach comfortably straight backwards. DO NOT ROTATE SHOULDERS FORWARD.

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.

Neck Extensors (Sitting / Standing)
Sit or stand, head in comfortable, centered position. Gently tuck chin and bring toward chest.

Trunk Stability: Extremity Flexion (Hook-Lying)
Grasp hands together while lying down and slowly reach towards ceiling. DO NOT RAISE ARMS OVER HEAD.

Shoulder Pendulum (Circular)
Let arm move in circle clockwise, then counterclockwise. SMALL CIRCLES.