

# Shoulder Replacement Exercises

**Instructions:** Perform these shoulder exercises **BEFORE and AFTER** your surgery.

**Always exercise within your pain limits!**

**If any of the exercises add to your pain or shortness of breath, stop and rest.**

**Do less next time. Talk with your doctor or healthcare provider.**



Use the **Exercise Diary** on page 4 to keep track of your progress. Place a checkmark beside each exercise that you have completed.

**Additional Instructions:**

**MEDICAL DISCLAIMER:** These exercises has been reviewed by the physiotherapy team at Humber River Health and are intended to supplement the individual instruction given to you.

To reduce your risk of injury, always follow the instructions written here as well as the specific instructions from your physiotherapist before you perform the exercise. **Only do the exercises that your physiotherapist has recommended.** Some exercises may not be suitable for you. If you have any questions or concerns, contact your physiotherapist.

Physiotherapist name:

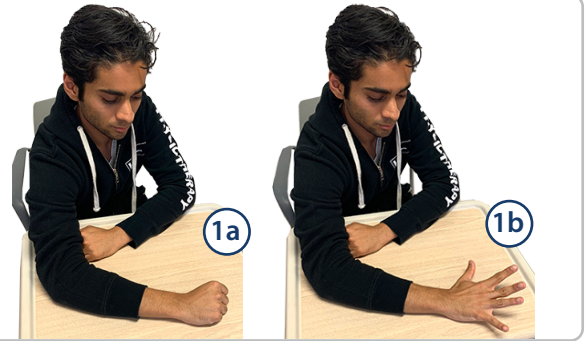
Tel.:



## 1 Hand Open/Close

- 1a In any position, make a tight fist.
- 1b Then straighten your fingers fully.

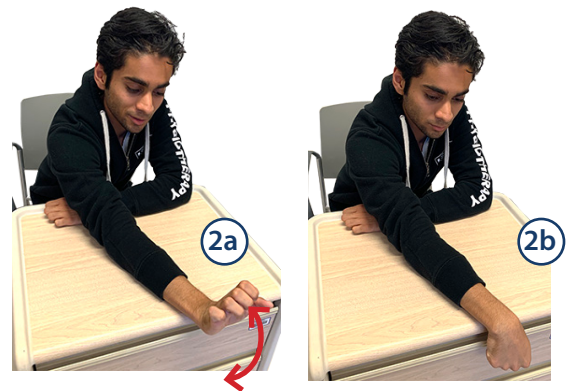
**REPS:** Do this exercise 10 times, every hour.



## 2 Wrist Flexion/Extension

- 2a Support your forearm on a table or pillow with your hand relaxed over the edge. Extend your wrist and hold for 5 seconds.
- 2b Then, bend your wrist down over the edge of the table and hold for 5 seconds.

**REPS:** Do this exercise 10 times, 3 to 5 times a day.



## 3 Forearm Supination/Pronation

Have your arm at your side and bend your elbow at a right angle (90 degrees).

- 3a Turn your palm up. Hold for 5 seconds.
- 3b Turn your palm down. Hold for 5 seconds.

**REPS:** Do this exercise 10 times, 3 to 5 times a day.



## 4 Elbow Flexion/Extension

While in a sit or stand position:

- 4a Bend your elbow, bringing your hand towards your shoulder. Hold for 5 seconds. You can use your unaffected arm to help bend your elbow.
- 4b Straighten and hold for another 5 seconds.

**REPS:** Do this exercise 5 to 10 times, 3 to 5 times a day.

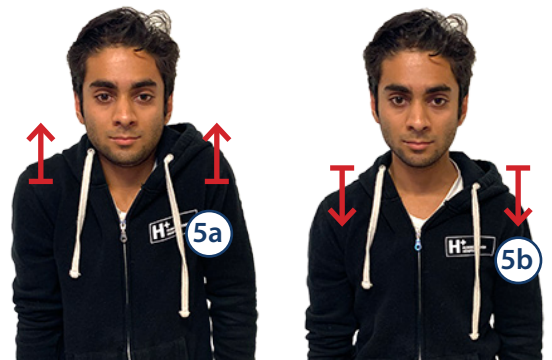


## 5 Shoulder Shrug

While in a sit or stand position:

- 5a Shrug your shoulders and hold for 5 seconds.
- 5b Then, push your shoulders down and hold for 5 seconds.

**REPS:** Do this exercise 5 to 10 times, 3 to 5 times a day.



## 6 Pendulum

While in a sit or stand position, lean on a table with your unaffected arm.

- Let your operated arm hang relaxed straight down. Swing your BODY so that your operated arm swings in a circle.

**REPS:** Do this exercise 10 times in one direction. Then, do this exercise 10 times in the other direction. Repeat 3 to 5 times a day.

Start at week 2 after surgery



## My Exercise Diary

**Instructions:** Place a checkmark every time you complete an exercise. You should be doing each of these exercises before and after your surgery.

Exercises	Week of							Week of							Week of						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1. Hand Open/ Close																					
2. Wrist Flexion/ Extension																					
3. Forearm Supination/ Pronation																					
4. Elbow Flexion/ Extension																					
5. Shoulder Shrug																					
6. Pendulum (start at week 2)																					