

Note: This information is provided for general educational purposes only. Because every individual is different, these instructions will not apply to every patient. Only your doctor can tell you what is appropriate for you.

Total and Reverse Shoulder Arthroplasty Postoperative Rehabilitation

Instructions:

1. Exercises should be started once the nerve block wears off.
2. Do the exercise sessions 5 times per day.
3. It is best to space the exercise sessions out throughout the day, every 2-3 hours, to maintain flexibility during this important time of healing.
4. You may use the hand for activities directly in front of you
 - Eating, drinking, brushing teeth
 - Don't lift any objects with your surgical arm heavier than a cell phone
5. Avoid sudden or jerky movements.
6. The one motion you should totally avoid is pulling inward toward your belly or pressing against your chest.
7. Do not externally rotate your arm away from your body.
8. Do not use the surgical arm to push oneself out of bed or out of a chair



Exercise 1
Pendulum Exercise

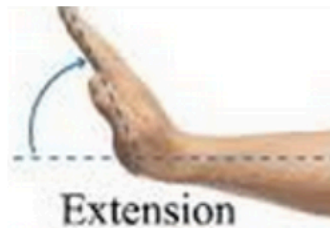
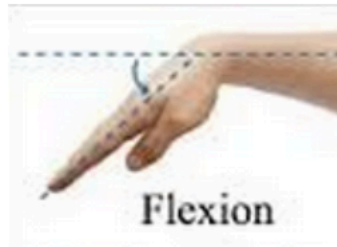
1. Lean forward and use your unaffected arm to support you. You should try to lean forward more than the person pictured above so the arm is at a 90-degree angle with the body.
2. Let your surgical arm hang loosely.
3. Move your body in a circular motion. This will cause your surgical arm to swing.
4. Note that it is the active motion of your body that causes the arm to move. You should not attempt to make the arm swing on its own.
5. Do this exercise for about two minutes, at least 25 circles clockwise and 25 counterclockwise, no larger than the size of a basketball, 5 times per day.



Exercise 2
Elbow Extension and Flexion

1. Keep your surgical shoulder stabilized and at your side.
2. Straighten and bend your arm at the elbow.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. This can be performed sitting or standing.
5. If you had a biceps tenodesis, then use the OTHER arm to assist in movement of the shoulder.

Wrist



Exercise 3

Wrist Flexion and Extension

1. Keep your surgical shoulder stabilized and at your side.
2. Straighten and bend your wrist.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. This can be performed sitting or standing.



Exercise 4
Hand Exercises

1. Fully extend the fingers of your surgical upper extremity's hand.
2. Squeeze you fingers together to make a fist.
3. Perform 10 repetitions, 5 times a day for each exercise.
4. You can perform this exercise with the sling on or off.