

Total Shoulder Replacement Home Exercises

Putty or Stress Ball (squeeze):
Grasp the stress ball in your hand. Gently squeeze and hold for 5 seconds. Relax. Repeat.



Repeat: up to 3 minutes throughout the day.
Perform: 2-3x/day

Wrist Flexion and Extension:
With your elbow bent to 90 degrees, relax your forearm on the armrest of a chair or table. Raise your hand toward the ceiling. Hold 5 seconds. Then, bend your wrist, bringing your hand toward the ground. Hold 5 seconds.



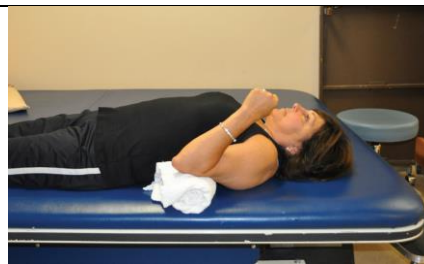
Flexion



Extension

Repeat: 10+ times
Complete: 1+ sets
Perform: 2-3x/day

Elbow Flexion and Extension:
Lying down on a surface, place a towel roll under your elbow. Bend and straighten your elbow within a comfortable range. Do not allow your shoulder to glide or move toward the ceiling.



Flexion



Extension

Repeat: 10+ times
Complete: 1+ sets
Perform: 2-3x/day

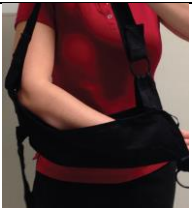
(Codman's) Pendulums:

Bend forward at your waist and allow your surgical arm to relax completely. Slowly move your upper body so that your arm moves freely in small circles, clockwise 10-20 times. Reverse direction (counterclockwise) 10-20 times.

DO NOT ACTIVELY SWING YOUR ARM!



Repeat: 10-20 times
Complete: 1+ sets
Perform: 2x/day when sling is off

Wearing and Using Your Sling

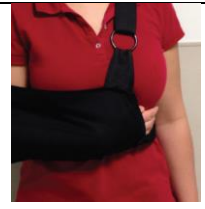
1. Place your arm in the pocket.



2. Bring top strap around neck and fasten through the top ring.



3. Bring the bottom strap around your waist and attach through the lower ring. Keep your surgical arm still.



4. Your arm should be parallel to the floor and snug against your body.

You may remove your sling twice a day and for showering, and as needed when sitting in a chair. Make sure your shoulder is supported!

Shoulder Precautions

*****Avoid combined motions of Extension (elbow behind body), Internal Rotation (arm twisted inward) and Adduction (arm across body)*****