

HOME EXERCISE PROGRAM

Following Shoulder Surgery



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Note: Do not hold your breath with any of these exercises.

1. Active Assisted External Rotation

Stand with your elbow/upper arm against a small towel (**Figure 1a**). Keep your elbow near your side. Using your non-operated arm, rotate your palm away from your stomach. Bring your palm to a neutral position (**Figure 1b**) and hold for 3 seconds. Do not rotate past neutral. Perform 2 sets of 10 repetitions.



Figure 1a



Figure 1b

2. Active Scapular Retraction

Sit in chair or stand and relax your arms by your side (**Figure 2a**). Gently squeeze your shoulder blades together (**Figure 2b**) and hold for 3 seconds. Perform 2 sets of 10 repetitions.



Figure 2a



Figure 2b

3. Active Assisted Shoulder Abduction in the Scapular Plane

Sit on a chair with your back supported. Keep your elbow out to the side and slightly in front of you (**Figure 3a**). Using your non-operated arm, lift your operated arm up to as tolerated and hold for 3 seconds. Slowly lower back down. The goal is to raise your elbow up to shoulder level (**Figure 3b**). Perform 2 sets of 10 repetitions.



Figure 3a



Figure 3b