

**TOTAL SHOULDER REPLACEMENT (PHASE 2: Loading Phase WEEKS 6+, ONLY if you have surgeon approval)**

**HAND BEHIND BACK WITH ASSIST**



Hold your operated arm with your NON-operated hand and gently move your hand up your back.

**HAND BEHIND HEAD STRETCH**



Rest your hands on top of your head or behind. Have a pillow already in place for you to relax your arm on, as shown, like you're sunning yourself on a deckchair. Gradually, lessen the thickness of the pillow as you gain more range.

**OPEN CHAIN PROPRIOCEPTION IN LYING**



Draw alphabet in air starting with small letters, slowly progressing to larger letters.

**REACHING IN DIFFERENT DIRECTIONS**



**ROTATION OUT WITH THERABAND**



**ROTATION IN WITH THERABAND**



**PUSHING MOTION WITH THERABAND**



**PULLING MOTION WITH THERABAND**



**OUT FROM SIDE WITH THERABAND**



**IN TO SIDE WITH THERABAND**



**BELLY PRESS**



Press hand against belly. Vary the duration of the 'press'.

**COMBINATION LOADING (easy band to start with)**



**SHOULDER PRESS**



**CLOSED CHAIN BASICS (WEIGHT TRANSFERENCE ON FLOOR OR BED)**

