

TOTAL SHOULDER REPLACEMENT



Anatomical & Reverse Total Shoulder Replacement



PENDULUMS

Take your arm out of the sling. Completely RELAX operated arm. Bending forward allows relaxed arm to hang down towards the ground.

ELBOW BEND & STRAIGHTEN

Take your operated arm out of the sling. Bend & straighten your elbow through its full range. Also, move your wrist in all directions & open / close your hand.



FROM THE 4 WEEK MARK



ASSISTED FLEXION IN LYING

Lie on your back. Move your operated arm 'up and over' past your head with the assistance of your other hand. Gradually increase the effort of your operated arm, over the coming weeks, by lessening the help given by your other hand

FROM THE 6 WEEK MARK

ASSISTED OUTWARD ROTATION

Assist your operated arm to rotate outward to the end of your available range. Repeats this in & out.



If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP. "WITHOUT PREJUDICE". Not to be released to third parties without permission from Hunter Shoulder, Elbow & Hand Surgery
18 Lambton Rd BROADMEADOW T:02 4927 6888 W: newcastleshoulderandelbow.com.au

TOTAL SHOULDER REPLACEMENT



Anatomical & Reverse Total Shoulder Replacement

FROM THE 8 WEEK MARK

ASSISTED HAND BEHIND BACK

Reach behind your back & grab your finger with your non-operated arm. If you can't reach your finger, use a pen or wooden spoon to 'bridge the gap', until you can reach it. Aim to have your thumb move up your spine. Be gentle early on.



CATERPILLARS UP WALL

The purpose of caterpillars up the wall is to allow the friction created by your hand on the wall to lessen the weight of your arm. This makes it easier for your shoulder muscles to lift the arm. You may also assist with your other hand



OUTWARD ROTATION SUSTAINED STRETCH

Stand in a doorway. Place your hand on the wall & keep your elbow tucked in by your side for the duration of the stretch. Rotate your body away as shown so that you feel the stretch in your shoulder. Aim to hold the 'stretch' for 30 seconds & repeat 3 times.



If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP.

"WITHOUT PREJUDICE". Not to be released to third parties without permission from Hunter Shoulder, Elbow & Hand Surgery

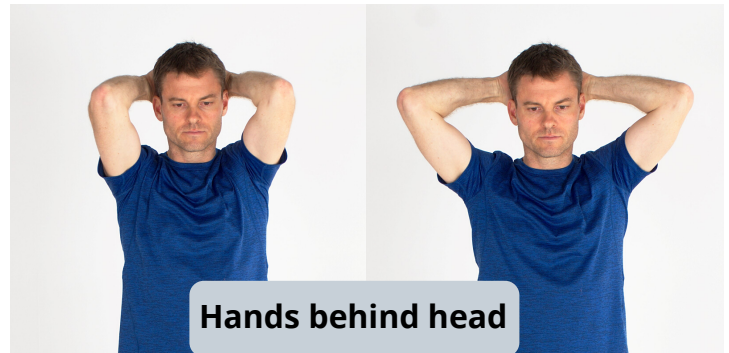
18 Lambton Rd BROADMEADOW T:02 4927 6888 W: newcastleshoulderandelbow.com.au

TOTAL SHOULDER REPLACEMENT

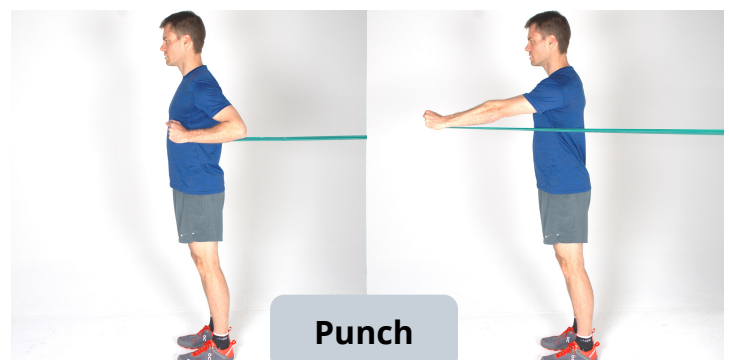
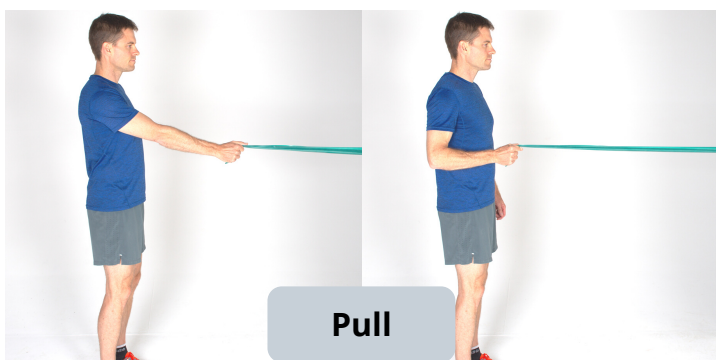
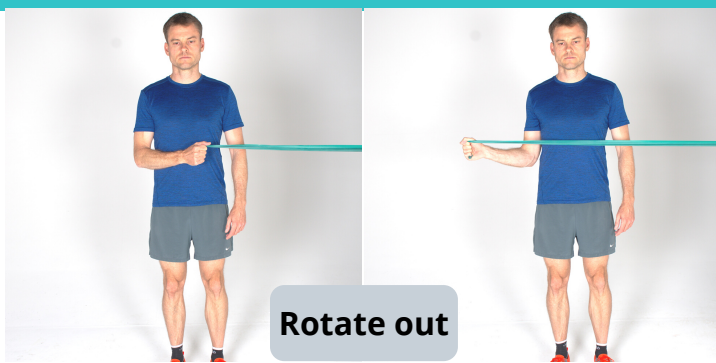


Anatomical & Reverse Total Shoulder Replacement FROM THE 12 WEEK MARK

RESTORE FULL ACTIVE RANGE OF MOTION



COMMENCE ROTATOR CUFF STRENGTHENING



If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP.
"WITHOUT PREJUDICE". Not to be released to third parties without permission from Hunter Shoulder, Elbow & Hand Surgery
18 Lambton Rd BROADMEADOW T:02 4927 6888 W: newcastleshoulderandelbow.com.au