



## Home Exercise Program

Coastal Orthopedics and Sports Medicine  
14 Thomas Point Road, Brunswick, ME 04011

Training start date 3/16/2020



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### Hemi/Total Shoulder Replacement Surgery

These exercises are for post operative weeks 4-8

You will still be wearing your sling until week 8. You may remove it to shower and perform your exercises.

You may continue to ice as needed for management of pain and/or swelling



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1. Lie on back as shown, holding stick with both hands
2. Bend your knees and keep your back flat into the bed/or floor
2. Raise both hands over chest height, settle the shoulder blades and then move the stick overhead until you feel a comfortable stretch
3. Hold 5-10 seconds
4. 10 repetitions, 2-3 times per day



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1. Stand facing a wall.
2. 'Walk' your fingers up the wall until you feel a stretch
3. Hold the stretch for one complete breath cycle, focusing on relaxing your neck muscles
4. Repeat 3 - 5 times. 2-3 times per day



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1. Stand, place your hands on the counter in front of you
2. Being mindful not to push through your hands, step backwards until you feel a stretch in your shoulder girdle
3. You may lower your trunk and bend your knees slightly to increase the stretch
4. Hold 20-30 seconds
5. Repeat 3-5x, 2-3 times per day



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1. Stand facing a wall. Keep your upper arm close to the side with elbow at a right angle.
2. Push your fist against the wall. Push with only 50% power.
3. Hold 5 seconds, repeat   10   times. 2 times per day



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1. Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle.
2. Push the elbow back against the wall. Push with only 50% power.
3. Hold 5 seconds, repeat   10   times. 2 times per day



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1. Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.
2. Push the back of your hand against the wall. Push with only 50% power.
3. Hold 5 seconds, repeat   10   times. 2 times per day



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1. Stand in a doorway with you elbow close to your body and bent at a right angle. Place your hand against the wall.
2. Push your hand inwards against the wall. Push with only 50% power.
3. Hold 5 seconds, repeat   10   times. 2 times per day



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1. Stand with arms hanging down. Hold a 1-2# weight in your hand (may use water bottle, soup can)
2. Maintaining good posture, slowly bend and straighten your elbow
3. Repeat 10 times. 2-3 times per day

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