

Guide to Shoulder Rehabilitation

- Welcome to our Shoulder Rehabilitation video series. These videos are designed to help maximize your recovery following shoulder surgery.
- This video should not be used as a substitute for regular physical therapy visits and guidance from your physician.
- Only progress from one phase to the next based on recommendation from your physician. Most therapy regimens, particularly after surgery, are based on a healing timeline. Progressing too quickly, even though it may feel okay at first, may put you at risk for injury.
- Regular physical therapy visits are valuable for giving you feedback on your progress and helping to ensure you are doing exercises properly.
- Equipment needed may include a stick or cane, pulley, resistance bands and light dumbbells.
- Icing is very important after each therapy session – place an ice pack or cooling pad on the affected area for 10 minutes to help limit any irritation from exercise.
- If the affected joint is stiff, try using moist heat for 10 minutes prior to exercise to help loosen things up.
- If you develop any questions or concerns regarding your condition while using this video, contact your physician.
- Best of luck in your recovery.

PHASE 1 – Passive Motion Exercises

GOALS: Protect healing tissue; minimize shoulder stiffness with low-stress motion exercises

KEY POINTS:

- Engage in passive motion only; do not lift your arm on its own
- Allow gravity or your opposite arm to lift and move the involved shoulder
- Start at one set of 12-15 reps and progress to 2 sets
- Conduct exercises 2-3 times daily

PHASE 1 EXERCISES:

1. PENDULUMS
2. SUPINE ELEVATION
3. STICK SUPINE EXTERNAL ROTATION TO 30 DEGREES
4. ACTIVE MOTION ELBOW, WRIST, AND HAND
5. GRIP STRENGTHENING

See Phase 1 video at <http://www.matthewboesmd.com/shoulder-rehabilitation/> to view the exercises.

PHASE 2 – Active Motion Exercises

GOALS: Normal shoulder motion in all directions

KEY POINTS:

- Use the opposite arm to help move the affected arm via pulley or stick
- Try to avoid ‘hiking’ of the shoulder; keep shoulder blades down and level during motion
- Start at one set of 12-15 reps and progress to 2 sets
- Conduct exercises 2-3 times daily

PHASE 2 EXERCISES:

1. PULLEYS – ELEVATION
2. PULLEYS – ABDUCTION
3. STICK UPRIGHT – ELEVATION
4. STICK UPRIGHT – ABDUCTION
5. STICK UPRIGHT – EXTERNAL ROTATION @ ZERO DEGREE
6. STICK UPRIGHT – EXTERNAL ROTATION @ 90 DEGREES
7. STICK UPRIGHT – INTERNAL ROTATION BEHIND BACK

See Phase 2 video at <http://www.matthewboesmd.com/shoulder-rehabilitation/> to view the exercises.

PHASE 3 – Stretching Exercises

GOALS: Resolve any tightness or stiffness in the shoulder that may be limiting full shoulder motion

KEY POINTS:

- Avoid ‘hiking’ the shoulder to achieve full motion at the joint
- Compare to motion of opposite shoulder to determine any deficiency
- Conduct stretching exercises 3-4 times per day
- Hold stretch for 30 seconds, relax for 15 seconds, then repeat for 5 reps per session for each exercise

PHASE 3 EXERCISES:

1. TABLE SLIDES – ELEVATION
2. TABLE SLIDES – ABDUCTION
3. WALL SLIDES
4. DOORWAY – EXTERNAL ROTATION @ WAIST
5. DOORWAY – EXTERNAL ROTATION @ SHOULDER
6. DOORWAY – EXTERNAL ROTATION ABOVE SHOULDER
7. CROSS BODY
8. STICK – INTERNAL ROTATION
9. TOWEL – INTERNAL ROTATION

See Phase 3 video at <http://www.matthewboesmd.com/shoulder-rehabilitation/> to view the exercises.

PHASE 4 – Isometric Strengthening Exercises

GOALS: Activate muscles and avoid de-conditioning

KEY POINTS:

- Isometrics are the least stressful type of strengthening exercise
- Used to prepare muscles for early strengthening while avoiding stress, to healing tissue after injury or surgery
- Exercises involve contraction against a fixed resistance [ex: post, wall, doorframe, etc.]
- Hold each exercise for 5 seconds; repeat 8-10 repetitions

PHASE 4 EXERCISES:

1. ISOMETRIC STRENGTH – ELEVATION
2. ISOMETRIC STRENGTH – ABDUCTION
3. ISOMETRIC STRENGTH - EXTENSION
4. ISOMETRIC STRENGTH – EXTERNAL ROTATION
5. ISOMETRIC STRENGTH – INTERNAL ROTATION

See Phase 4 video at <http://www.matthewboesmd.com/shoulder-rehabilitation/> to view the exercises.

PHASE 5 – Early Strengthening Exercises

GOALS: Rebuild muscle endurance in low-stress manner

KEY POINTS:

- All exercises are done below shoulder level to avoid irritation
- Avoid extension of the elbow behind the back
- Do light resistance and high repetitions
- Exercise bands [ex: Therabands] are used for light resistance. Bands have different resistance with each color based on the manufacturer. Start with the lightest resistance band and increase every 1-2 weeks as tolerated
- Conduct 1-2 sets of 12-15 repetitions per session; hold for 1-2 count at point of max resistance
- Conduct strengthening exercises 3-4 times per week; allow for a rest day in between sessions
- If irritation and pain develop, decrease resistance or frequency of exercises

PHASE 5 EXERCISES:

1. THERABAND DISCUSSION CLIP
2. BAND – ELEVATION & ABDUCTION
3. BAND – EXTERNAL ROTATION

4. BAND – INTERNAL ROTATION
5. BAND - HORIZONTAL ROW

See Phase 5 video at <http://www.matthewboesmd.com/shoulder-rehabilitation/> to view the exercises.

PHASE 6 – Advanced Strengthening Exercises

GOAL: Build muscle strength and improve shoulder function

KEY POINTS:

- Conduct strengthening exercises 3-4 times per week; allow rest day
- Conduct 1-2 sets of 12-15 repetitions per session
- If irritation and pain develop, decrease resistance or frequency
- You may prefer exercise bands for some exercises as opposed to dumbbells
- You can substitute cable machine at the gym for exercise bands, if desired
- Return to sports or high level activity per physician recommendation

PHASE 6 EXERCISES:

1. DUMBBELL - EXPLANATION
2. DUMBBELL – ELEVATION & ABDUCTION
3. DUMBBELL – EXTERNAL ROTATION
4. DUMBBELL – INTERNAL ROTATION
5. DUMBBELL - BENT ROW
6. DUMBBELL – POSTERIOR RAISE
7. BAND DIAGONALS
8. DUMBBELL – DIAGONAL
9. BAND – PUNCHES
10. BAND – EXTERNAL ROTATION @ 90 DEG
11. BAND – INTERNAL ROTATION @ 90 DEG

See Phase 6 video at <http://www.matthewboesmd.com/shoulder-rehabilitation/> to view the exercises.

For more information, visit www.MatthewBoesMD.com