

Exercises after Total Shoulder Replacement

Start these exercises after surgery when your arm is no longer numb. This will often be the day after surgery.

Do all marked exercises 2 to 3 times a day. Repeat each exercise 10 times.

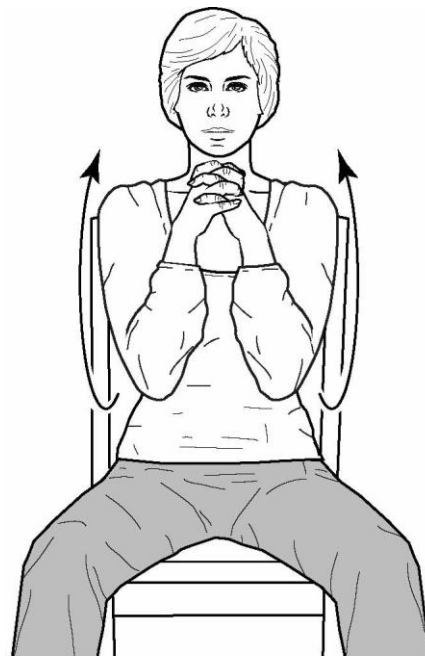
Remove your sling

- Before exercising, remove your sling. Hold your surgery arm with your other hand and have your caregiver remove the sling.
- Be sure to put the sling back on after you complete the exercises.

Exercises

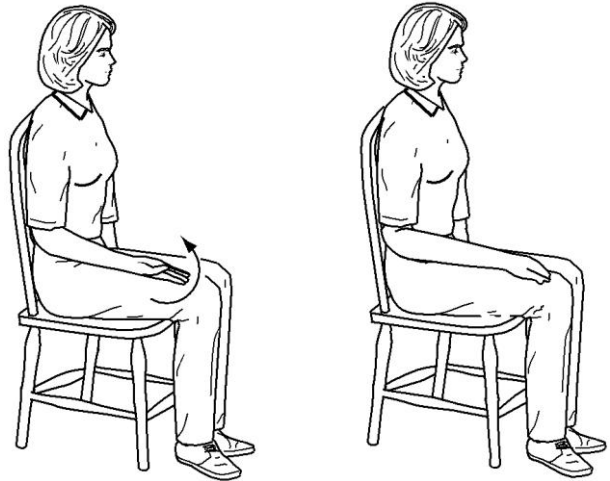
Passive elbow range of motion

1. Sit in a chair with your hands clasped. Use your good arm to bend the elbow of your surgery arm, bringing your hands to your chest.
2. Pause and then take your arms back down to the starting position.



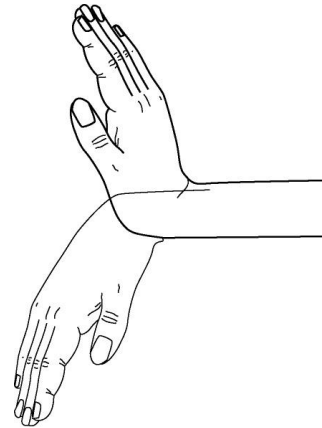
Active forearm movement: Palm up and palm down

1. Sit in a chair with your lower arm on the surgery side resting on your thigh, palm facing up. Keep your elbow tucked in at your side while doing this exercise.
2. Turn your hand, so your palm faces down.
3. Turn your hand back to the starting position and repeat.



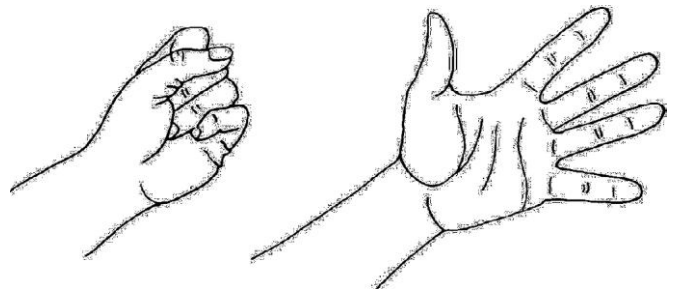
Active wrist movement

1. Sit in a chair with your surgery arm resting on your thigh for support. Let your hand rest over the edge of your knee.
2. Bring your hand up toward the ceiling, so your fingers point up.
3. Then bend your hand down, so your fingers point to the floor. Repeat.



Active finger movement

1. Sit in a chair with your lower arm on your surgery side resting on your thigh for support.
2. With your palm facing up, make a fist.
3. Straighten all your fingers and then repeat.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.