

# Rehabilitation Stage 2 – Stretching (6 to 12 weeks)

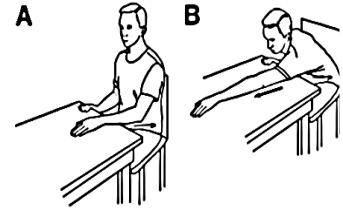
## 1) Shoulder Immobilizer

You may discontinue the use of your shoulder immobilizer.

You **do not** need to sleep with the sling or wear it around the house.

## 2) Overhead stretches- 3 options (choose 1)

**A) Slides-** Start with your arm at waist height on a countertop or table. Begin to slowly slide your arm forward extending to a point of maximal tightness, hold the position for 30 seconds. After 30 seconds, stretch a bit more and hold for 10 seconds.



**B) Assisted-** while lying flat on your back use the power of your other arm to assist the stretching of your arm moving forward in a straight line. When you reach the point of maximal tightness, hold the position for 30 seconds. After 30 seconds, stretch a bit more and hold for 10 seconds.



**C) Wall Crawls-** Similar to assisted but you are going to stand facing a wall. Place surgical arm straight out in front of you against the wall. Slowly use fingers to raise your arm up the wall. When you reach the point of maximal tightness, hold the position for 30 seconds. After 30 seconds, stretch a bit more and hold for 10 seconds. Slowly lower the arm back down with assistance from non-operated side.



**Remember choose 1 of the 3 overhead stretches listed above. Complete 5 repetitions, 3 times a day (total of 15 times daily).**

## 3) External Rotation (*gentle stretching ONLY after anatomic total shoulder*)

Use a cane, broom, golf club, or any object at least shoulder width apart. Make sure your elbow stays tucked in at your side. With the elbow bent to 90 degrees you are going to gently force your surgical arm to the outside of your body with the aid of the stick in your non affected side applying the force.

When you reach the point of maximal tightness, hold the position for 30 seconds. After 30 seconds, stretch a bit more and hold for 10 seconds. Breathe slowly and deeply while the arm is moved.



**Complete 5 repetitions; 3 times a day (total of 15 times daily).**

## 4) Lifting Restrictions

You are encouraged to use the arm for normal daily activities. However, you should not carry, lift, push, or pull anything greater than two (2) pounds.

**5) Begin to use arm for everyday activities that do not require lifting.** Return to driving (if no longer taking narcotic medication), washing hair, golf putt, etc.