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**POSTOPERATIVE SHOULDER HOME EXERCISES**

1. Active Assistive External Rotation: Stand with your operative elbow/upper arm against a wall with a small towel between. Keep your elbow near your side. Using your non-operated arm, rotate your palm away from your stomach. Bring your palm to a neutral position (picture 2)



Range of Motion limitations: 0 DEGREES, ARM STRAIGHT IN FRONT

Perform 10 repetitions 2 times per day

Hold each repetition for 3 seconds.

1. Active Scapular Retraction: Sit in chair or stand and relax your arms by your side. Gently squeeze your shoulder blades together.



Perform 10 repetitions 2 times per day

Hold each repetition for 3 seconds.

1. Active Assistive Shoulder Abduction in the Scapular Plane: Sit on a chair with your back supported. Keep your elbow out to the side. Using your non-operated arm, lift your operated arm up to as tolerated and slowly lower back down. The goal is to raise your elbow up to shoulder level



Perform 10 repetitions 2 times per day

Hold each repetition for 3 seconds.

4. Elbow and Hand range of motion twice a day out of the sling (no picture for this exercise, simply open and close the hand, bend and straighten the elbow).