

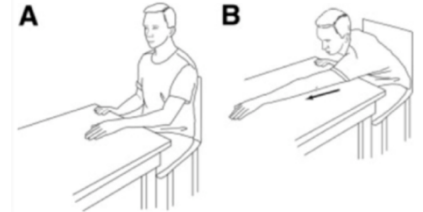


Rehabilitation Stage 2 Stretching (6-12 weeks)

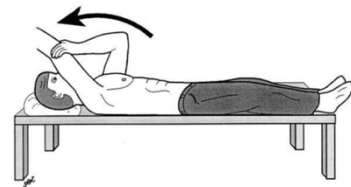
Today you may discontinue your sling

- 1) **Overhead Stretching:** May interchange these exercises throughout the day or pick one of the three that feels the most comfortable. Perform each exercise for 5-10 repetitions:

- a. **Table 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 this position for 30 seconds then stretch a bit more and hold for 10 seconds. **Perform this with your thumb facing up** (Different from image).



- b. **Assisted:** While lying flat on your back use your other arm to assist in stretching your arm moving forward in a straight line. Ensure that your palm is facing up. When you reach the point of maximal tightness, hold for 30 seconds. After 30 seconds, stretch a bit more and hold for 10 seconds.



- c. **Wall Crawls:** Place surgical arm straight in front of you against the wall. Slowly use your fingers to raise your arm up the wall. When you reach the point of maximal tightness, hold for 30 seconds. After 30 seconds, stretch a bit more and hold for 10 seconds. Then slowly lower the arm back down with assistance from the non-operated side.



- **Remember choose only one overhead stretch listed above per exercise session, not all three. Complete 5-10 repetitions, 3 times a day for a total of 15-30 times a day.**

- 2) **External Rotation:** Use a cane, golf club, or broom and place your hands shoulder width apart. Make sure your elbow stays tucked to your side. With the elbow bent to 90 degrees gently force your surgical arm to the outside of your body using the stick in your non-surgical arm applying the force. **STOP** once you reach handshake position with your arm straight in front of your body if you underwent a shoulder replacement surgery.



- 3) **Scapular Mobility:** Grasp your hands together with fingers interlaced in front of your body. Squeeze your shoulder blades together and hold for 10 seconds. Perform 4 repetitions, 3 times per day. Hold for 10 seconds. Perform 4 repetitions, 3 times per day.

