

Shoulder Arthroplasty Prehab Exercises

General Information:

- Your healthcare team would like you to complete an exercise program before surgery.
- An exercise program can improve your circulation, breathing, and strength. It can also help you have better results after surgery.

Low-Impact Exercises:

- Low-impact exercises improve your circulation and breathing, but they are gentler on your muscles and joint.
- Examples of low-impact exercise include cycling, swimming, walking, and using rowing or elliptical machines.

If you are able, please complete the program below:

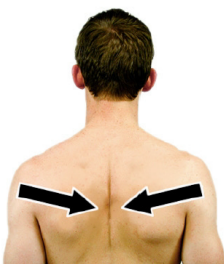
- Begin the program 4 weeks before surgery.
- Try your best to perform these exercises 5 days each week.
- Complete 5 minutes of light to moderate intensity exercise once a day. For example, you can cycle on a stationary bike or walk in a swimming pool.
- The goal is to add an additional 5 minutes of exercise each week.
- You should be able to talk while exercising. Rest as needed. Stop exercising if you experience pain, dizziness, or shortness of breath.

Strengthening Exercises:

- The following pages have instructions on how to perform each exercise.
- Begin the program 4 weeks before surgery.
- Try your best to perform these exercises 5 days each week.
- Complete 2 to 3 sets of 15 repetitions for each exercise at least once a day.
- The goal is to slowly increase the number of sets until you can complete 3 sets of 15 repetitions for each exercise.
- Perform these exercises slowly and do not hold your breath.
- You should be able to talk while exercising. Rest as needed. Stop exercising if you experience pain, dizziness, or shortness of breath.

Scapular Retractions

- Draw your shoulder blades back and down, hold for 5 seconds.
- Repeat at least 15 repetitions, 2-3 sets.



Elastic Band Rows

- Holding an elastic band with both hands, draw back the band as you bend your elbows and hold for 1 second. Keep your elbows near the side of your body.
- Repeat at least 15 repetitions, 2-3 sets.



Scapular Protractions

- Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and toward the ceiling.
- While keeping your elbow straight, protract your shoulders forward toward the ceiling and then lower back down in a controlled motion.
- Do not allow your shoulders to raise toward your ears. Keep your elbow straight and arms toward the ceiling the entire time.
- Repeat at least 15 repetitions, 2-3 sets.



Elastic Band Extension

- While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side. Hold for 1 second.
- Repeat at least 15 repetitions, 2-3 sets.



Bent Over Rows

- While standing, bend over and support yourself with your uninjured arm.
- With your affected arm starting at your side, draw up your arm as you bend your elbow and hold for 1 second.
- Repeat at least 15 repetitions, 2-3 sets.



Side Lying External Rotation with Towel

- Lie on your side with your elbow bent to 90 degrees. Place a rolled-up towel between your arm and the side of your body as shown.
- Squeeze your shoulder blade back and down toward your buttocks and hold that position.
- Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.
- Repeat at least 15 repetitions, 2-3 sets.



Shoulder ABC's

- While standing, squeeze your shoulder blades together and then write out the alphabet in the air with your arm. Once easy with no weight, can add small hand weight or can of food.
- Only your arm should be moving as you perform this.
- Go as far through the alphabet as you can comfortably.

