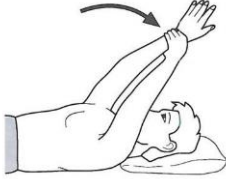


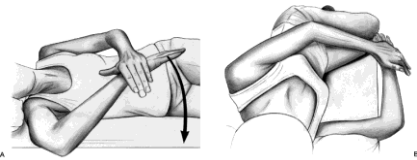
Post-op Shoulder Home Stretching Exercises

Exercises should be performed 4-5 times a day and 10 reps of each exercise.

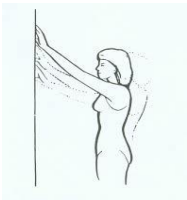
1. **Overhead stretch:** Lying on your back, use your good arm to help lift your operated shoulder overhead. Try to get your arm back to the pillow or floor. Hold for 30 seconds. Relax and return to the starting position. Go a little further with each repetition.



2. **“Sleeper” stretch:** Lie directly on affected shoulder with head well supported by pillows. Slide your arm up to 90 (level with collar bone) and bend your elbow to 90. Gently push down at your wrist until you feel a mild stretch in your shoulder. Hold for 30 seconds. Relax and return to the starting position.



3. **Wall walks:** Face the wall with your affected arm straight out in front of you. Walk your fingers up the wall, until you feel a stretch. Hold for 30 seconds. Relax and return to the starting position.



4. **Cross body stretch:** Reach across your body (nose level) so that your elbow approaches your opposite shoulder. Grasp the elbow of the stiff shoulder in your opposite hand and pull it toward the opposite shoulder. Relax and return to the starting position.



5. **Doorway stretch:** Bend your elbow and support the forearm against a door frame. Push against the door frame until you feel a stretch in the shoulder. Hold for 30 seconds. Relax and return to the starting position.

