

Intermediate Postoperative Shoulder Stretching Exercises:

- Videos are available on Dr. Witty's website.
- These exercises can be started immediately after surgery to facilitate recovery and work together with your protocol with the therapist.
- Perform exercises 3 times a day for approximately 30 minutes per session. Ice shoulder after exercises and throughout day as instructed.

Table Slides:

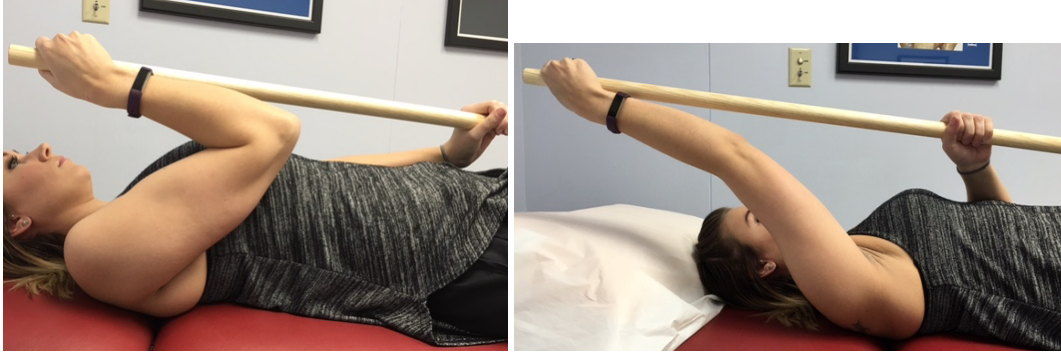
- Find a table or counter
- Sit down on chair so that table is approximately the level of the elbow.
- Place injured arm's hand on a small towel to help it slide along the table.
- Place opposite hand on top of the injured hand.
- Using the opposite hand, push the injured hand and arm away from your body.
- Lean forward and use opposite hand to push hand away from body.
- Once you feel a good stretch (avoid significant pain), hold the arm in that position for about 5 seconds and then return to upright and seated position.
- Perform 3 sets of 10 repetitions, 3 times per day



Passive Forward Flexion / Elevation:

- Use a broomstick, golf club, or any other similar device to assist.
- You can perform standing or by lying flat on your back on floor, bed or other surface. At first, you may be more comfortable doing exercise while on back.
- Using uninjured arm, push the injured arm overhead.
- Once you feel a good stretch, hold in position for about 5 seconds and then pull arm back to starting position. You may not be able to get arm completely overhead right away. You will need to work on this every day.
- Perform 3 sets of 10 repetitions, 3 times per day

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Passive External Rotation:

- Use a broomstick, golf club, or any other similar device to assist.
- You can perform standing or by lying flat on your back on floor, bed or other surface. At first, you may be more comfortable doing exercise while on back .
- Keep injured arm's elbow directly against body at the side.
- If you have trouble keeping elbow at the side, place a pillow between your body and elbow and squeeze pillow to body to hold it in place.
- Using uninjured arm, push the injured arm outward rotating at the shoulder.
- Once you feel a good stretch, hold in position for about 5 seconds and then pull arm back to starting position.
- Perform 3 sets of 10 repetitions, 3 times per day



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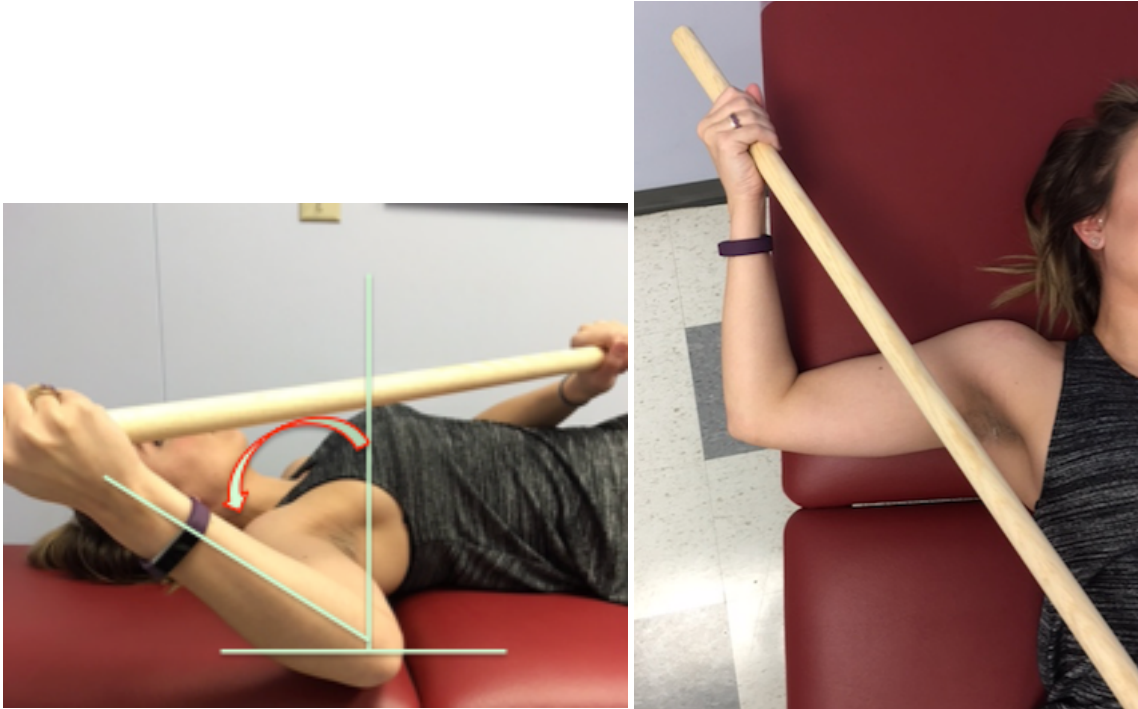


Passive Abduction + External Rotation:

- Use a broomstick, golf club, or any other similar device to assist.
- Perform this stretch while lying flat on your back on floor, bed or other surface.
- Using uninjured arm, push the injured arm out to the side and rotate outward at the same time.
- Once you feel a good stretch, hold in position for about 5 seconds and then pull arm back to starting position. You may not be able to get arm completely overhead right away. You will need to work on this every day.
- Perform 3 sets of 10 repetitions, 3 times per day



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Overhead Stretch:

- Grasp the injured arm by the hand or wrist with the opposite arm
- Using the uninjured arm, pull the injured arm overhead into the position below
- Hold for about 5 seconds and repeat
- Perform 3 sets of 10 repetitions, 3 times per day

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Internal Rotation:

- Hold the injured arm on the lower end of the pole (left arm in image below)
- Hold the pole with the uninjured arm on the upper end of the pole (right arm in the image below)
- Gently pull with the uninjured arm (right arm below) allowing the uninjured arm to stretch.
- Avoid using muscles of the injured arm to move the injured extremity.

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