



# Exercises

## The Key To Success

### After A Ream And Run, Total Shoulder Or Hemiarthroplasty

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One of the principal goals of shoulder joint replacement is regaining a comfortable and functional range of shoulder motion. The surgery plays a critical role, by balancing the mobility and the stability of the joint through soft tissue releases and careful selection of the sizes of the components used. But that's only half of the story. The other half is the effort required of the patient to maintain the range of motion during the healing process, which extends for months after surgery. The decision of which exercises to start when can only be made by the surgeon who has performed the joint replacement. The purpose of this handout is to show some of the exercises that we often use after shoulder joint replacement. Again, none of these exercises should be started without the orders of the shoulder surgeon.

These exercises are shown at this site along with video demonstrations: <http://shoulderarthritis.blogspot.com/2012/12/shoulder-exercises.html>. The figures below show some frames from these videos, the letters identifying the exercises are the same as those on the website.

A general rule for each of the stretching exercises is to hold a good but comfortable stretch for a full two minutes while focusing on relaxation of the shoulder muscles.

A common goal of shoulder joint replacement is a range of forward elevation exceeding 150 degrees. In the first photo (Exercise A: Forward Elevation, Supine), the black lines show an angle of 140 degrees. The red line shows the target of 150 degrees.



Two very effective exercises for gaining flexion are the forward and sideways leans, shown below.

Exercise B: Forward Lean



Exercise C: Sideways Lean



The posterior capsule of the shoulder is often tight. This tightness can be addressed by exercise D, E, and F

Exercise D: Cross Body Adduction



Exercise E: Up The Back



Exercise F: Sleeper Stretch



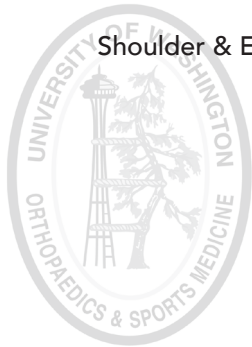


The gentlest and most effective way to strengthen the flexible shoulder is

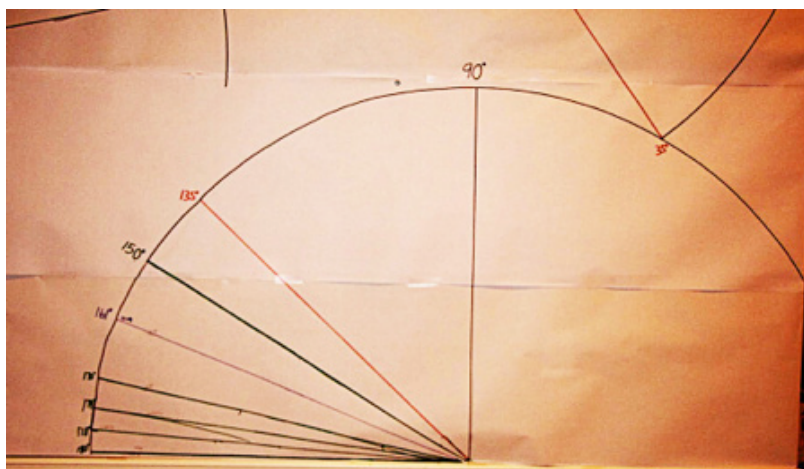
### Exercise G: Supine Press



The patients who have fared the best after shoulder arthroplasty have done stretching exercises five times a day, each day. They have set up a wall goniometer for measuring the range of motion and marked each exercise session on an exercise calendar.



## Wall Goniometer



## Exercise Calendar



Recall that each shoulder joint replacement is a special procedure on an individual patient. Thus the rehabilitation needs to be specifically prescribed by the operating surgeon. Therapists and other physicians should not modify the prescribed program without the approval of the operating surgeon. If patients have questions or difficulties regarding the exercises, they should consult with their surgeon.