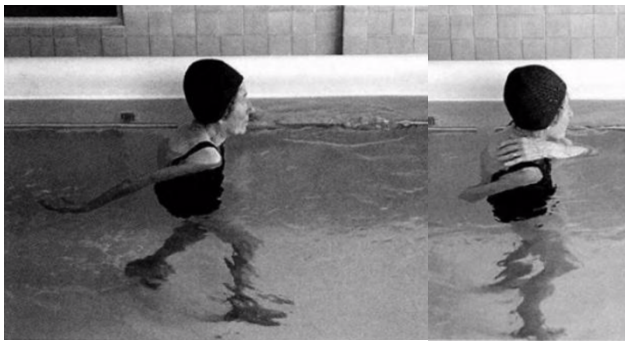
Home Exercise Program for Pool Therapy

These exercises should be performed in a warmed pool 3-4 times per week. These exercises should be performed with the water level at shoulder height so that the arms are "weightless" in the water. These exercises are arranged in order and you should only progress to the next set once the previous set is painless with full motion.

Swinging exercises



Swing your arms so that one comes forward in front of you to the surface of the water while the other is swung backward behind you to the surface of the water and then alternate.

Swing one arm across the body to touch the opposite shoulder while the other arm swings behind the back to touch the opposite hip.

Breast Stroke exercises

Using a band to connect you to the side of the pool and your feet braced against the wall, lean forward until the the head is just above the water. In this position, make large circles while keeping the hands at water level, i.e. "breast stroke" motions.

Passive Elevation exercises

Hold the hands together and use the non-operated-upon arm to raise the arm that underwent shoulder surgery.

"Siesta" exercises

Bring the hands behind the head and link fingers. Bring the elbows as far forward as possible, trying to touch them together in front of your face. Then bring the elbows as far backward as possible.

These exercises have been adapted from the protocol of Jean-Pierre Liotard, as published in Liotard JP. "Rehabiliation Following Shoulder Arthroplasty: Experience at a Rehabilitation Centre" in Shoulder Arthroplasty Ed. Walch G and Boileau P. Springer New York, NY.

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