

# Home Exercise Program after Reverse Total Shoulder Arthroplasty

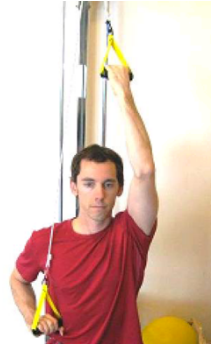
Most patients using a home exercise program should perform their exercises 3-4 times per day.

## Stage 1: Begin immediately.

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### Pulley exercises

Hang your pulleys over a door and face the door. Use the good arm to raise the operated upon arm as high as you are able. Let the arm return to the side and then repeat, raising as high as you are able with each repetition. Once you can fully raise the arm while facing the door, turn around and repeat the process facing away from the door.



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### Wall Climbs

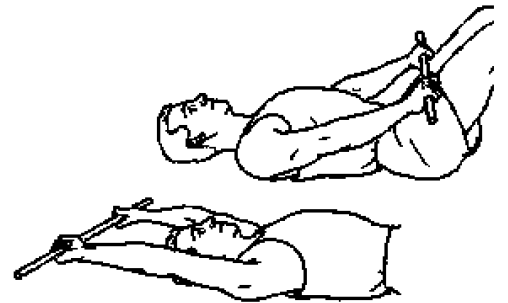
Stand facing a wall about 2-3 feet away from the wall. Use your fingers to help walk the hand up the wall, increasing shoulder elevation. Gently move forward to create a light stretching sensation. Light pain is OK.



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### Jacks' Exercises

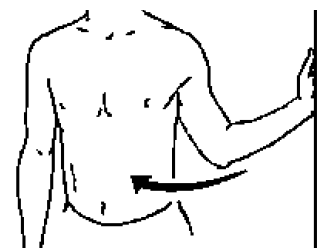
Begin lying down on your back. Raise the surgical arm while keeping the elbow straight, using the good arm to help. Keep raising the arm until it is in line with your head. Repeat. Once this is easy, perform the exercise without any help from the good arm.



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### External Rotation Exercise

Stand in a doorway facing the doorframe with your hand hooked around the doorframe. Slowly turn your body until you are parallel to the doorframe.



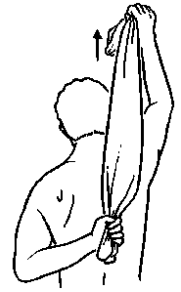
See backside for more exercises.

## Stage 2: Begin at 6 weeks.

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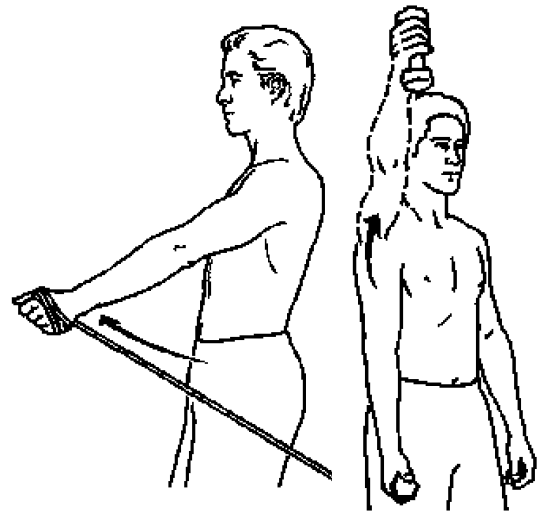
### Internal Rotation Exercise

Bring the hand on the surgical arm as far behind you as you can. Place a towel between both hands over the back. Use the good hand to draw the surgical arm as far behind you and up our back as you are able.



### Jackins' Exercises Part 2

Repeat Jackins' exercises, only this time, hold a very light weight in the hand, such as a can of beans. You can also use a theraband. While holding the weight lying down, raise the surgical arm while keeping the elbow straight. Keep raising the arm until it is in line with your head. Repeat. Once this is easy, perform the same exercise while seated or standing. Start with the arm at your side and then raise the arm until it is in line with your head. It may be easiest to start the standing portion with the elbow bent.



### Hitch hiker exercise

With your elbow bent and resting on a table, maximally rotate your shoulder outwards.



Chalmers et al (2013) *JSES*