

## Home Exercise Program after Total Shoulder Arthroplasty

Most patients using a home exercise program should perform their exercises 3-4 times per day, performing three sets of ten repetitions.

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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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### Active External Rotation Exercises

Start with the operated upon arm at the side and the hand on your belly. While keeping the elbow at your side and the elbow bent to 90 degrees, rotate the forearm and hand outwards away from your body. Do not use the other arm to help, instead use your muscles to keep rotating out. Keep going until you feel a stretch at the front of the shoulder, hold for a few moments, and then return the hand to the belly. Repeat, rotating the arm slightly farther outwards each time.

