Shoulder Pre-Operative Home Exercises

PLEASE NOTE: The exercises on this page are indicated for all shoulder surgery patients.

- It is important to perform all of your exercises as instructed to prevent loss of motion and decrease muscle stiffness.
- Exercises may be mildly uncomfortable, however should not cause significant pain. Stop any exercise that causes excessive or prolonged pain.
- Your therapist will progress your exercises when you have your post-op physical therapy visit.

### Chin Tucks
Gently nod your chin to your adam’s apple to stretch the back or your neck. Hold each position 2 seconds.

Repeat 10 times per set. Do 1 set per session. Do 3 sessions per day.

### Cervical Rotation
Turn head slowly to look over one shoulder, then the other. Hold each position 2 seconds.

Repeat 10 times per set. Do 1 set per session. Do 3 sessions per day.

### Cervical Side Bending
Tilt your head away from your hurt shoulder to stretch your neck. Hold each position 2 seconds.

Repeat 10 times per set. Do 1 set per session. Do 3 sessions per day.

### Finger Flexion
Actively bend fingers of affected hand. Start with knuckles furthest from palm, and slowly make a fist. Then straighten fingers as far as possible OR squeeze a ball.

This decreases swelling in the hand

Hold each position 2 seconds.
Repeat 10 times per set.
Do 1 set per session.
Do 3 sessions per day.
PLEASE NOTE: The exercises on this page are for patients with Sub-Acromial Decompression or rotator cuff/ labral debridement surgeries only. *not for Rotator cuff/ labral repair

**Pendulums**

Let the affected arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle 10 times each direction per set.
Do 2 sets per session.
Do 3 sessions per day.

**Shoulder Flexion Stretch**

Keeping affected arm on table, slide body away until stretch is felt. Hold 2 seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 3 sessions per day.

**Shoulder External Rotation Stretch**

Place pillow under your arm. Holding wand with the affected hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, hold 2 seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 3 sessions per day.