

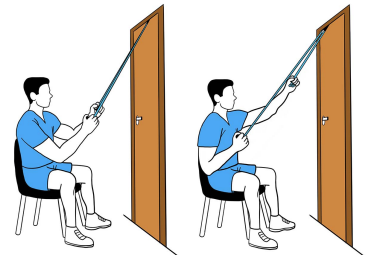
MATTHEW J. DUBIEL M.D. Shoulder and Elbow Surgery



Shoulder Arthroplasty Home Exercises

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.



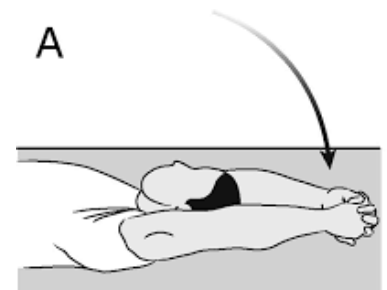
Wall Climbs

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.



Jacksons Exercise

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 you get a gentle stretch. Repeat. Once this is easier work towards performing the exercise without any help from the good arm.



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.

