

# Rehabilitation Program: Your Guide to a Speedy Shoulder Surgery Recovery

**WALL ANGLES**  
For this exercise, you will have 5 points of body contact with the wall. Footed, your back, your head, your elbows, and hands against the wall. While maintaining these 5 points of contact, slide your hands up the wall. Do not let your head leave the wall. If you have any pain in your low back, try moving your feet further away from the wall to take stress off your back. This exercise is GREAT for POSTURE! Perform 5 sets of 10 repetitions in 10th every 2-3 hours.

**SINGLE AND/OR DOUBLE ARM ROW**  
Use a band in your gym and hold in spot at one position one foot in front of the other. Perform a double arm row bringing your elbows toward your side. Squeeze shoulder blades together at end of motion as you are bringing elbows to your side. Perform 5 sets of 15 repetitions.

**PRONE Y'S AND T'S**  
Lay face down on a bench with your arms raised behind the foot. If you do not have a bench, you can lay on side of bed and perform 1 set of 20 times. With your palms facing the floor, square your shoulder blades together and pull up until your arms make a "Y" overhead. Repeat this exercise with your arms making a "T" at shoulder height. Perform sets of 12 Y's and 12 T's. You should feel the muscles in your middle back working.

**FOAM ROLLER ON WALL**  
Start by placing the foam roller on the wall at about knee level. Put your wrist forward on the roller and start gently rolling foam roller up the wall. At the top of the roller, try leaning in towards the wall bringing your chest close to the wall. Hold for about 5 seconds at the top. Perform 5 sets of 15 repetitions.

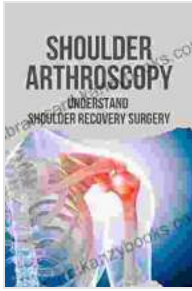
**PLANK TO DOWNWARD DOG**  
Start in a plank up position with your core muscles engaged. Slowly push from your forearms back until you reach a downward dog position. Hold plank position (plank and downward dog) for 5 seconds. Repeat 10 times. You should feel the muscles in your core and around your shoulder blades working.

**EXTERNAL ROTATION**  
Place a towel under your elbow against your hip. With elbow pinned at your hip and wrist 90 degrees, pull the band across your body starting heel ball of foot and moving heel from back of foot toward the motion. Keep your elbow pinned at your side and your shoulder blade pinned down against the floor. Perform 5 sets of 15 repetitions.

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**Shoulder Arthroscopy: Understand Shoulder Recovery Surgery: Rehabilitation Program Shoulder Surgery Recovery** by Brittany Thompson

★★★★★ 5 out of 5



Language	: English
File size	: 13980 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 164 pages
Lending	: Enabled



Shoulder surgery can be a major undertaking, but with the right rehabilitation program, you can regain full range of motion and strength in your shoulder. This comprehensive guide provides a step-by-step plan to help you recover from shoulder surgery and get back to your daily activities as quickly as possible.

## **Phase 1: Immediate Post-Surgery**

The first phase of rehabilitation begins immediately after surgery and lasts for about 6 weeks. During this phase, the goal is to reduce pain and swelling and protect the surgical site.

Your doctor will likely recommend that you wear a sling for the first few weeks after surgery. This will help to keep your shoulder immobilized and prevent you from accidentally injuring it.

You will also need to perform gentle range of motion exercises several times a day. These exercises will help to prevent stiffness and keep your shoulder flexible.

Your doctor may also recommend that you use ice packs and take over-the-counter pain relievers to reduce pain and swelling.

## **Phase 2: Early Motion**

The second phase of rehabilitation begins about 6 weeks after surgery and lasts for about 6 weeks. During this phase, the goal is to increase range of motion and strength in your shoulder.

You will continue to perform range of motion exercises, but you will gradually increase the difficulty of the exercises. You will also start to add strength-training exercises to your routine.

Your doctor may also recommend that you start using a continuous passive motion (CPM) machine. This machine will help to move your shoulder through a range of motion while you rest.

## **Phase 3: Late Motion**

The third phase of rehabilitation begins about 12 weeks after surgery and lasts for about 6 weeks. During this phase, the goal is to continue to increase range of motion and strength in your shoulder.

You will continue to perform range of motion and strength-training exercises. You will also start to add functional exercises to your routine. These exercises will help you to regain the ability to use your shoulder in everyday activities.

Your doctor may also recommend that you start using a resistance band to help you increase strength and range of motion.

## **Phase 4: Return to Activity**

The fourth phase of rehabilitation begins about 18 weeks after surgery. During this phase, the goal is to return to your normal activities.

You will continue to perform range of motion, strength-training, and functional exercises. You will also gradually increase the intensity of your activities.

Your doctor will clear you to return to your normal activities when you have regained full range of motion and strength in your shoulder.

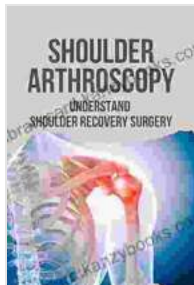
### **Tips for a Successful Recovery**

Here are a few tips to help you have a successful shoulder surgery recovery:

- Follow your doctor's instructions carefully.
- Be patient and don't rush your recovery.
- Listen to your body and stop if you experience pain.
- Attend all of your physical therapy appointments.
- Do your exercises regularly.
- Use ice packs and pain relievers as needed.
- Get plenty of rest.
- Eat a healthy diet.
- Avoid smoking and alcohol.

Shoulder surgery is a major undertaking, but with the right rehabilitation program, you can regain full range of motion and strength in your shoulder. By following the tips in this guide, you can have a successful recovery and get back to your normal activities as quickly as possible.

If you are considering shoulder surgery, ask your doctor for a referral to a qualified physical therapist. A physical therapist can help you develop a personalized rehabilitation program that will meet your individual needs.



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