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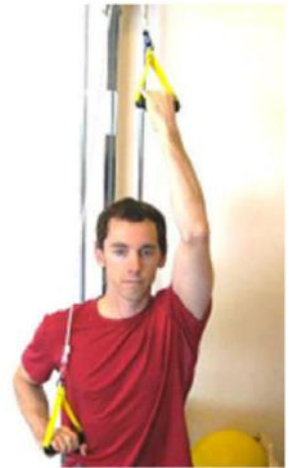
ORTHOPEDIC SURGERY, SPORTS MEDICINE, AND ARTHROSCOPY

Reverse Shoulder Replacement Home Rehab Program

Phase 1: Weeks 2-4 – Aim for 10 repetitions, 3 times per day.

Pulley Exercise: Hang your pulley over a door. Facing the door, use the unaffected arm to raise the operated arm with the pulley as far as you are able. Lower the arm to your side, then repeat. Once you are able to fully raise the operated arm, turn around and repeat the process facing away from the door.

(Rehab pulley available on Amazon for about \$10)



Phase 2: Weeks 4-12 – Stretching - Aim for at least 5 reps of each stretch twice daily. Begin with gentle passive stretches. Relax the affected shoulder and apply a gentle stretching force using the opposite arm. Perform at least 5 repetitions of each stretch twice daily. Light pain is OK.

1. Wall Climb – Stand facing a wall about 2 feet away. Use your fingers to climb your arm up the wall, increasing shoulder elevation. Ease into a gentle stretch.



2. Jackins' Exercise – Lying on your back, use your unaffected arm to raise the operated arm overhead and feel a gentle stretch. Once good overhead mobility is achieved, perform the movement with less and less assistance from the unaffected arm.



3. External Rotation – Stand in a doorway facing a doorframe. Grasp the door frame with your operative side. Turn your body away from that side to move the shoulder into external rotation. Be sure to keep your elbow close to your side.



4. Internal Rotation – Bring the surgical arm behind you. Use the other arm to pull it up your back as far as you can.



Phase 3: 3 Months – Strengthening - Aim for 3 sets of 10 reps at three times per week.

1. Elevation Strengthening – Holding a can of beans or light weight (1-2lbs), raise the arm with the elbow straight until it is even with your head. If it is difficult to do this upright, try lying on your back first.



2. Hitch Hiker Exercise – With your elbow bent and resting on a table, rotate your arm outward as far as you can.

